DASH-Plus

DASH-Plus is a high blood pressure management program for adults who have high blood pressure (with or without medication) and are 55 and older. Participants will learn the **D**ietary **A**pproaches to **S**top **H**ypertension- Plus approach to managing high blood pressure.

The program is led by dietitians and trained University of Maryland Extension Educators

You will be asked to fill out a voluntary pre and post survey at the beginning and end of each session that will take ~5 minutes.

Sign-up now for the full 8-part series!

If you need a reasonable accommodation to participate in any event or activity, please contact the educators: **Lisa McCoy, MS, RDN** and **Theresa (Terry) L. Serio** on or before July 19th, 2021, at **lmccoy@umd.edu** and **tserio@umd.edu** (August sessions) **S**hauna Henley, PhD and **Jennifer Dixon Cravens, MS** on or before **August 19, 2021,** at **shenley@umd.edu** and **jdixoncr@umd.edu** (September sessions)

FREE EVENTS

This will be an **online 8-part Zoom webinar series** with 1 session every week beginning on Monday, August 2nd, 2021 and running through September. To sign up, please click on the links below. Dates and times are planned as:

Introduction to DASH-Plus
Monday, August 2, 2021   1:30 – 2:30 pm
Link: https://go.umd.edu/DASHIntroG1

Sodium
Monday, August 9, 2021   1:30 – 2:30 pm
Link: https://go.umd.edu/DASHSodiumG1

Grains
Monday, August 23, 2021   1:30 – 2:30 pm
Link: https://go.umd.edu/DASHGrainsG1

Dairy
Monday, August 30, 2021   1:30 – 2:30 pm
Link: https://go.umd.edu/DASH_DairyG1

Fruits & Vegetables
Thursday, September 9, 2021   1 - 2 pm
Link: https://go.umd.edu/DASHFruits_VegG1

Shopping & Budgeting
Thursday, September 16, 2021   1 - 2 pm
Link: https://go.umd.edu/DASHShop_BudgetG1

Meats & other protein
Thursday, September 23, 2021   1 - 2 pm
Link: https://go.umd.edu/DASHMeat_ProteinG1

Fats & Sweets
Thursday, September 30, 2021   1 - 2 pm
Link: https://go.umd.edu/DASHFats_SweetsG1

UNIVERSITY OF MARYLAND EXTENSION

FAMILY & CONSUMER SCIENCES