



Blue Sky

Family Health Team
Équipe de santé familiale



Dietary Approaches to Stop Hypertension (DASH)

Join our Registered Dietitian (VIA ZOOM) and learn about the DASH eating plan and other lifestyle measures that can help you achieve better blood pressure control.

DATE: March 26, 2025 from 1:00pm to 2:30pm
A virtual seminar via Zoom

~ Please call 705-475-0500 to register ~

