



Please join us for another Wellness Education event presented by the H2U Coalition Health Center!

Stephanie Friess, FNP of the H2U Coalition Health Center will be presenting a wellness education event at Alaska Regional Hospital in the IVY Room.

Topic: **Hypertension and the Dash Diet**

Description: The **DASH** diet has been recommended by clinicians to reduce blood pressure and lower cholesterol, and is associated with lower risk for developing diabetes (common in people with high blood pressure). In addition to being recommended by your healthcare provider, the DASH Diet is also endorsed by:

- The National Heart, Lung, and Blood Institute (one of the National Institutes of Health, of the US Department of Health and Human Services)
- The American Heart Association
- The 2010 Dietary Guidelines for Americans
- US guidelines for treatment of high blood pressure
- Rated #1 diet by US News & World Report (2011 through 2015)

Date: Monday, August 10, 2015

Time: 5-6pm

Where: Alaska Regional Hospital, IVY Room

Cost: **FREE** to TEAMSTERS and their dependents

Please email [lesa.schafer@hcahealthcare.com](mailto:lesa.schafer@hcahealthcare.com) to register for the event.

More Wellness Education events will be announced in the near future! We will offer more subjects, more times and more dates.

H2U Coalition Health Center is all about helping people live healthier lives!