

FAITHFUL FAMILIES

CHRONIC DISEASE SPECIAL SESSION: HYPERTENSION

JOIN US FOR A **FREE** SPECIAL SESSION
ON MANAGING AND PREVENTING
HYPERTENSION, LED BY A REGISTERED
DIETITIAN. COME LEARN PRACTICAL
TIPS ON HOW TO REDUCE HIGH BLOOD
PRESSURE THROUGH PROPER
NUTRITION AND LIFESTYLE CHANGES

**FREE GIFT AND HEALTHY TASTE TEST
INCLUDED!!.**

PLEASE JOIN US AT:
ST. PAUL UMC
201 VETERANS PKWY
WILLINGBORO, NJ 08046

WEDNSDAY
JANUARY 29, 2024
10:00AM - 11:00AM

**REGISTRATION REQUIRED BY 1/27: EMAIL -
MRB360@NJAES.RUTGERS.EDU**

