Cooking Well for Healthy Blood Pressure

A cooking school designed to help those concerned about high blood pressure and anyone who prepares meals for them.

This series of 3 interactive classes is full of research-based information and healthy recipes. Sessions include: DASHing Your Way to Improved Health, A Virtual Grocery Store Tour, and Cooking with Spices and Herbs.

**Dates:**
- August 7
- August 14
- August 21

**Time:**
5:00 p.m. - 7:00 p.m.

**Location:**
MLK Jr. Rec Center

**Registration**
$10

*Reduced fee made possible by funding from Denton Parks and Rec*

Register at the front desk or online at https://secure.rec1.com/TX/city-of-denton-tx/catalog!

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