

Presents

Dietary Approaches to Stop Hypertension – Plus Physical Activities!

**DASH-Plus is an 8-week
education program that
covers:**

1. Introduction to Dash-Plus
2. Sodium
3. Grains
4. Dairy
5. Fruits and Vegetables
6. Shopping and Budgeting
7. Meats and Other Protein
8. Fats and Sweets

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

*Join us for a
DASH-Plus
gathering online!*

What is this study about?

Researchers and educators are building a new community-based high blood pressure management program for Maryland adults.



THE DASH DIET ACTION PLAN
IMPROVE YOUR HEALTH & WELLNESS



Who can Participate?

- Adults 55 and older who live in Maryland
- Has high blood pressure (with or without taking medication)

Contact Us:

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Mona Habibi, PhD
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DASH-Plus 



Live a healthy lifestyle and say no to hypertension

We highly recommend starting with the Introduction and Sodium sessions! (Last 4 sessions coming in August)

Date	Time	Topic	Registration Link
Tuesday, July 6, 2021	1 - 2 pm	Introduction to DASH-Plus	https://go.umd.edu/DASHIntroG2
Tuesday, July 13, 2021	1 - 2 pm	Sodium	https://go.umd.edu/DASHSodiumG2
Tuesday July 20, 2021	1 - 2 pm	Grains	https://go.umd.edu/DASHGrainsG2
Tuesday July 27, 2021	1 - 2 pm	Dairy	https://go.umd.edu/DASHDairyG2

Why Participate?

- Learn the DASH-Plus approach to managing high blood pressure.
- You will receive a promotional giveaway for every pair of surveys (at registration and after each session) completed.
- All sessions are virtual on Zoom webinar– learn from home!
- All sessions are free.



Accommodations

If you need a reasonable accommodation to participate in any event or activity, please contact the educator, **Jeanette Jeffrey** on or before **June 21, 2021**, at jjeffrey@umd.edu

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.



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Live a healthy lifestyle and say No to hypertension

Participants are encouraged to attend all 8 sessions.

First 4 sessions coming in July. Last 4 sessions will be in August.

Date	Time	Topic	Registration Link
Tuesday August 3, 2021	1 - 2 pm	Fruits & Vegetables	https://go.umd.edu/DASH_Fruits_VegG2
Tuesday, August 10, 2021	1 - 2 pm	Shopping & Budgeting	https://go.umd.edu/DASH_Shop_BudgetG2
Tuesday, August 17, 2021	1 - 2 pm	Meats & other protein	https://go.umd.edu/DASH_Meat_ProteinG2
Tuesday, August 24, 2021	1 - 2 pm	Fats & Sweets	https://go.umd.edu/DASH_Fats_SweetsG2



Accommodations

If you need a reasonable accommodation to participate in any event or activity, please contact the educator, **Mona Habibi** on or before **July 20, 2021**, at **mhabibi@umd.edu**

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