



Break UP WITH Salt

Do you have or are you at risk for Hypertension/High Blood Pressure? Do you know what in your diet affects your blood pressure? **Break up With Salt** is a program to help adults at risk or with Hypertension/High Blood Pressure learn about managing their condition through goal setting, diet, label reading, portion control and cooking.

This is a **virtual 4-session program** that will be on September 12, 19, 26, & October 3 at 5:30pm.

This program is open to the public and there is **NO COST** to attend the series. Please call Layne Langley, Area Nutrition Agent, at 225-635-3614 or email lalangley@agcenter.lsu.edu for more information. The deadline to register for this program is **September 5**. Registration is online at <https://forms.office.com/r/mTWRREagkK>

A minimum of five participants is needed to guarantee the program will be conducted.



Consistent with the Americans with Disabilities Act (ADA), the LSU AgCenter will make reasonable accommodations to enable persons with disabilities to engage in programs offered. Should you need an ADA accommodation, please contact Layne Langley at 225-635-3614 no later than 1 week before your accommodation is needed. The LSU AgCenter and LSU provide equal opportunities programs and employment.