

Do you wish to learn how to lower your salt intake, manage weight or manage/prevent high blood pressure?



Group Education Sessions for knowing the hidden salt in foods and preventing or managing Blood Pressure. Reducing salt intake can also help manage weight

3 sessions targeted at educating, motivating and providing the skills to help gain control of your salt intake

WHEN: 9th & 23rd of October and 6th of November 7-8pm

WHERE: Suite 115, 30-34 Campbell Street Blacktown

COST: \$15 per session (claimable on private health fund)

If interested reserve your spot by the 2nd of October.

Contact: Deepali 0433157362 for more program information or to enrol for the group.

Website: www.lifestyledietclinic.com.au