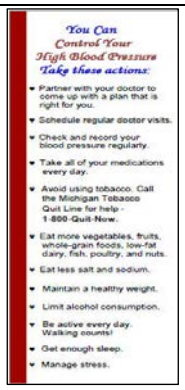
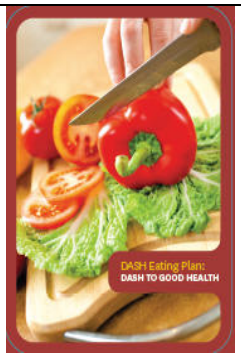
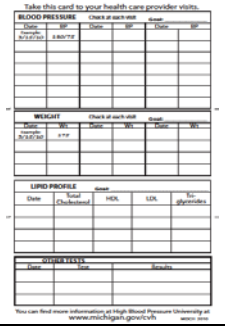
Resources Available upon request from the
Heart Disease and Stroke Prevention Section at Michigan Department of Community Health

Less salt. Better health. This is a 7 x 3.5" tri-fold card stock sodium resource with question and answer format.		☐ 25 ☐ 50 ☐ 100 ☐ other_____
You Can Control Your High Blood Pressure Take these actions: This 8.5 x 2.75" bookmark has important blood pressure information for quick and easy access.		☐ 25 ☐ 50 ☐ 100 ☐ other_____
DASH Eating Plan: DASH TO GOOD HEALTH This is a 8 x 11.5" card stock tri-fold brochure with the DASH eating plan, recommended daily calorie needs and daily activity levels.		☐ 25 ☐ 50 ☐ 100 ☐ other_____
Taking on High Blood Pressure in Michigan This 6.5 x 3.5 tri-fold card helps you keep track of your medications, blood pressure, weight, lipid profile and other tests.		☐ 25 ☐ 50 ☐ 100 ☐ other_____

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