


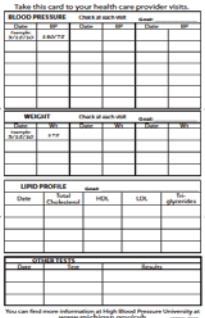


Resources Available upon request from the
Heart Disease and Stroke Prevention Section at Michigan Department of Community Health

<p>Less salt. Better health.</p> <p>This is a 7 x 3.5" tri-fold card stock sodium resource with question and answer format.</p>	<p>English Spanish</p> 	<p>25</p> <p>50</p> <p>100</p> <p>Other _____</p> <p>English</p> <p>Spanish</p>
<p>You Can Control Your High Blood Pressure Take these actions:</p> <p>This 8.5 x 2.75" bookmark has important blood pressure information for quick and easy access.</p>		<p>25</p> <p>50</p> <p>100</p> <p>Other _____</p>
<p>DASH Eating Plan: DASH TO GOOD HEALTH</p> <p>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.</p>	<p>English Spanish</p> 	<p>25</p> <p>50</p> <p>100</p> <p>Other _____</p> <p>English</p> <p>Spanish</p>
<p>Taking on High Blood Pressure in Michigan</p> <p>This 6.5 x 3.5 tri-fold card helps you keep track of your medications, blood pressure, weight, lipid profile and other tests.</p>		<p>25</p> <p>50</p> <p>100</p> <p>Other _____</p>

To order, please provide the following information:

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How will these materials be used:

Approx. number of Patients or Community members reached _____

Are these materials going to be used by primary care practices? **Yes** **No**

Email this form to: humphreyj@michigan.gov
or fax to 517-335-9056