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.	English Spanish	25 50 100 Other English Spanish
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.	You Can Control Your Sight Olicod Ofwatare Table Vision and State Pattern with your doctor to Pattern with your doctor to Schedule regular doctor value. Schedule regular doctor value. Schedule regular doctor value. Schedule regular Nach all of your medications were day. Nach all of your blackoo. Call the Minispan Tabases Out Lime for help- 1 800 Quin How. Schem Kohl, berlink Schem Ko	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.	EnglishSpanishImage: Distance of the second	25 50 100 Other English Spanish
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.	Table this code: state that code: state this code:<	25 50 100 Other

To order, please provide the following inform	nation: How will these materials be used:			
Name and Title:				
Organization:	Approx. number of			
Address (for mailing):	Patients or Community members reached			
Email: Telephone:	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