

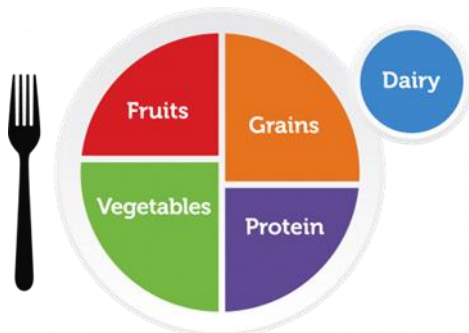


Heart Healthy Nutrition Class



May is High Blood Pressure Education Month. This month Arroyo Vista Family Health Center brings awareness to some things you can do to take care of your heart health. Join our **Saturday, May 18th** class to learn more about:

- how to take blood pressure correctly at home
- how to create healthy meals at home
- make better fast food choices
- how to find foods low in sodium and unhealthy fats
- benefits of high fiber foods



**Set Goals for
Your Health**

**Free Blood
Pressure
Machines,
While Supplies
Last!**

**ARROYO VISTA
FAMILY HEALTH
CENTER**

**SATURDAY
MAY 18, 2024**

**6000 N. FIGUEROA ST.
LA, CA 90042
2ND FLOOR-
CONFERENCE ROOM**

**9:00AM – 11:00AM
(SPANISH)**

**2:00PM – 4:00PM
(ENGLISH)**
