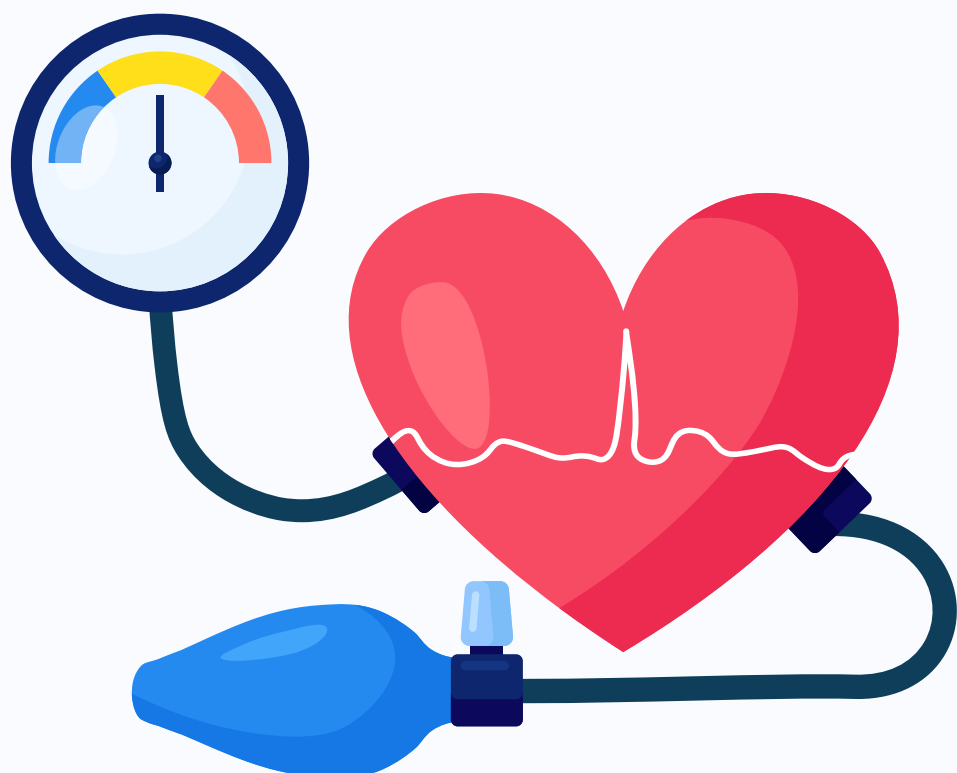




5 TIPS TO MANAGE HYPERTENSION

EAT LESS SALT

**DASH DIETARY
PATTERN**

**Stop Drinking
Alcohol**

**Exercise for 30
minutes at
least 5 times
per week**

**Go to all
scheduled medical
appointments**