

*Don't wait for a better time*



## Hiding in Plain Sight

High Blood Pressure or hypertension has no obvious symptoms. To protect yourself:

- Get your blood pressure checked.
- If you're diagnosed with high blood pressure, monitor it regularly.
- Eat a well-balanced diet, low in salt.
- Limit alcohol and don't smoke.
- Manage stress.
- Enjoy regular physical activity.

### SELF-CARE

Light a candle or use essential oils to elevate moods.

**CHALLENGE: AIM TO REDUCE YOUR SALT INTAKE TO 1500 MG/DAY.**  
Use the box in the daily grid below to mark an "X" if you met your daily goal.

Sun	Mon	Tue	Wed	Thu	Fri	Sat																																																	
<p>January 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	TH	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<p><b>1</b></p> <input type="checkbox"/> <p>National Freedom Day</p>	<p><b>2</b></p> <input type="checkbox"/> <p>Groundhog Day</p>	<p><b>3</b></p> <input type="checkbox"/>	<p><b>4</b></p> <input type="checkbox"/>	<p><b>5</b></p> <input type="checkbox"/> <p>National Wear Red Day</p>	<p><b>6</b></p> <input type="checkbox"/>
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<p><b>28</b></p> <input type="checkbox"/>	<p><b>RED BEANS AND RICE</b></p> <p>1 cup uncooked rice • 2 tsp. extra virgin olive oil • 4 cloves of garlic • 15 oz. can kidney beans ½ tsp. salt-free Cajun seasoning • ¼ tsp. black pepper • ½ small sliced onion • 4 scallions</p> <p>Cook rice and set aside. Heat oil in a skillet over medium heat, add onions and garlic until soft. Add beans, seasoning and pepper. Cook until heated 3-5 minutes, then add rice to bean mixture.</p>					<p>March 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	TH	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31										
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