

# An Evening of Zen

Three Ways to Lower Your Blood Pressure

**Free Health Event | Tuesday, March 20**

If you've been diagnosed with high blood pressure, you may know the importance of making every effort to reduce it to prevent serious heart and health conditions. While many medications are available to help, there are natural ways that can make a long-lasting impact on reducing high blood pressure. Join us for an evening of meditation, light movement and nutrition tips that may help you cope with stress and reduce high blood pressure.

## **Meditation.**

Learn simple, yet effective meditation skills for mindfulness breathing, eating and walking. Our Zen evening will spend approximately 90 minutes discussing and experiencing various meditation practices. Bring your favorite seat cushion for added comfort if you wish.

## **Yoga Movement.**

Learn simple beginner yoga movements to help distribute blood and tone muscles while improving overall circulation to help you better manage stress. Wear loose clothes and comfortable shoes.

## **Eating Right.**

Certain foods can promote or cause high blood pressure. Learn about the DASH diet (dietary approaches to stop hypertension), a practical diet that harnesses the blood-pressure-lowering potential of healthful foods. Learn what they are and get tips on how to better make them a part of your daily meals and snacks.

**Tuesday, March 20, 6–8:30 p.m.**  
**Hudson Hospital & Clinics**  
**Conference Center**

Registration is recommended since seating is limited and events are popular.



**To register contact the  
Health Resource Center:**

405 Stageline Road  
Hudson, WI  
(715) 531-6250  
[hudsonhospital.org](http://hudsonhospital.org)

 **Hudson Hospital & Clinics**  
*HealthPartners Family of Care*

