



DASH Meal Plan

Date: February 12, 2026 | **Time:** 12pm – 1pm EST

Join via computer or mobile device at:

<https://event.on24.com/wcc/r/5198306/CCBCA1E0103382F8BE1168E8AAB53E28>

Registration is now available and will remain open through the end of the event. **If you cannot attend the live session, please still register so you will have access to the recording.**

Scan to register here!



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About this webinar: Learn how to manage high blood pressure and improve heart health with Dietary Approaches to Stop Hypertension (DASH) meal plan.

For questions, contact: Jan Tortarella jan.tortarella@nih.gov

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