



## 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.

For support, [click here](#).

Scan to register here!



**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](mailto:jan.tortarella@nih.gov)

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