

Cooking Well for Healthy Blood Pressure

Classes held June 4th, 11th, & 18th from 5:30 - 7:30 PM

Registration and payment due by Wednesday, May 29th.

\$25 per person or \$40 per couple. Checks made payable to the Angelina FCS Committee.

(Not able to process credit cards.)

Mail or drop off at Angelina County Extension office: 2201 S Medford Dr, Lufkin, TX 75901

Questions? Contact joel.redus@ag.tamu.edu 936-634-6414

First Name

Last Name

Gender

Female

Male

Age

Address

Address (Line 2)

City

State

ZIP Code

Primary Phone

Secondary
Phone

E-mail

How long have
you had high
blood pressure
(hypertension)?

Less than 1 year

5-10 years

Pre-hypertension only

1-5 years

10+ years

I don't have hypertension

How did you
hear about this
program?

Extension Newsletter

Radio

Marquee Sign

Other

Newspaper

Friend/Family

Website/Facebook

Any special
accommodations
needed?

Texas A&M AgriLife Extension is an equal opportunity employer and program provider.