

# Sodium 101



“I don’t use salt at the table! “  
Find out other hidden sources of sodium, how to read a label for sodium and other ways you can eat to lower your blood pressure.

**Date:** Thursday, November 21, 2019

**Time:** 10 am to 11:30am

**Location:** Northumberland Family  
Health Team

**TO REGISTER**  
Call 289-252-2139  
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