



Eating Well

Sodium Reduction

Thursday, March 30, 2023

6pm • Broadway Plaza, Auxiliary Room A

When it comes to dietary sodium, less is best. However, Americans consume 50% more than the recommended daily quantities. Join **Courtney Johnson, MS, RD, LDN** to learn how quickly our intake of salt can add up across the day, and small ways to reduce it to help with blood pressure, kidney disease, CHF, asthma, osteoporosis and more!



Sparta Community Hospital

SPACE IS LIMITED!

Call Jennifer to register by Noon on Monday, March 27, 2023.

(618) 443-1467