

The Take Control Two-Step

Small Steps to Manage Chronic Diseases

Managing High Blood Pressure Resources

Angelina City and Counties Health District

www.acchd.us

Long Live Texans

www.longlivetexans.com

Interactive Tutorial for Managing High Blood Pressure

www.nlm.nih.gov/medlineplus/tutorials/hypertension/htm/index.htm

American Society of Hypertension

www.ash-us.org/

American Heart Association

www.heart.org

Hypertension Education Foundation, Inc.

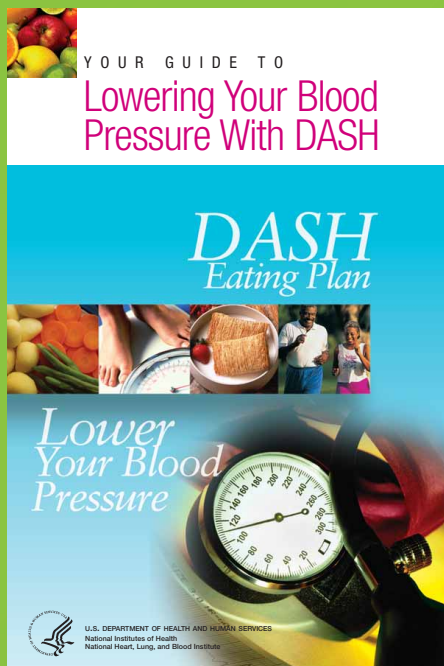
www.hypertensionfoundation.org

National Hypertension Association

nathypertension.org

Prevention: Guide to Lower High Blood Pressure

www.nhlbi.nih.gov/hbp/prevent/prevent.htm



Download information on the DASH Eating Plan

www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf