



Welcome to the STOP•DROP•CONTROL High Blood Pressure™ (HBP) Program



Today's Specials

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| 10:00 - 10:15 | Opening/Call to Action | Chief Rob Wiley, President, St. Louis County Fire Chief's Association |
| 10:15 - 11:15 | Impact of Hypertension | Dr. Richard Wright, MD, FACC |
| 11:15 - 11:45 | About Stop, Drop & Control | Jack Slingerland, Jr. RPH, MBA, Novartis Pharmaceuticals Corporation |
| 11:45 - 12:15 | Bon Appetite! | Menu by Cat Lietzow, Preparation courtesy of Local 2665 |
| 12:15 | DASH | Cat Lietzow, Registered Dietitian, St. John's Mercy Hospital |

Lunch Menu & Nutrition Information

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| <i>Pasta w/ Pesto & Broccoli</i> | <i>Serving = 2 cups/ Cals 339, Protein 13g, Carbs 48g, Fat 11g, Sodium 400 mg</i> |
| <i>Beef Loin</i> | <i>Serving= approx 2 oz/ Cals 107, Protein 15g, Carbs 0g, Fat 10g, Sodium 35 mg</i> |
| <i>Garlic Bread</i> | <i>Serving = 1 slice/ Cals 99, Protein 2 g, Carbs 14g, Fat 2g</i> |
| <i>Garden Salad</i> | <i>Serving = 2 cups/Cals 25, Protein 2g, Carbs 0g, Fat 0g</i> |
| <i>Grandpa's Homemade Dressing</i> | <i>Serving = 2 tablespoons/Cals 92, Carbs 1g, Fat=9g, Sodium 90 mg</i> |