

### **your guide to the pdf**

Your Guide to Lowering Your Blood Pressure With DASH The DASH studies were sponsored by the NHLBI and conducted at four medical centers. There was also a central coordinating center at Kaiser Permanente Center for Health Research in Portland, OR. The four medical centers were: Brigham and Women's Hospital, Boston, MA; Duke Hypertension Center ...

### **Your Guide to Lowering Your Blood Pressure with DASH**

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Your Guide to Choosing a Nursing Home or Other Long-Term Care

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