

快乐的心

$\leq 120/80$



知道你的血压数字!

多吃所有新鲜食物

少吃加工食品。

更多免费资源: healthylivingforlife.org



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY
PUBLIC HEALTH DEPARTMENT

Healthy Living
...for life!
Alameda County Public Health Department