

# NEWS



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**FOR IMMEDIATE RELEASE**  
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## **PREVENTING HIGH BLOOD PRESSURE**

SUNNYVALE, Calif. – On Thursday, May 20, from 7 p.m. to 8 p.m., Palo Alto Medical Foundation and the Sunnyvale Public Library will present “A Conversation with Nancy Jacobson, MS, RD, CDE: Is Your Blood Pressure Controlling You?” Jacobson will talk about high blood pressure as the number two preventable cause of death in America, the DASH diet and the latest prevention guidelines.

Jacobson is a registered dietitian and a certified diabetes educator at Palo Alto Medical Foundation. She teaches nutrition classes to adults in heart health education, diabetes, pre-diabetes and chronic kidney disease.

The Library is located at 665 W. Olive Ave., across from City Hall. Free parking is always available, and VTA line 54 serves the Library. More information on Library programs and activities is available on the Library’s Web site at [www.sunnyvalelibrary.org](http://www.sunnyvalelibrary.org), or by calling the Library at (408) 730-7300, TDD (408) 730-7501.

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