

“Stop the Salt Assault Workshop,” May 19, 2011

HHPC’s Support for Hypertension Awareness, Reduction and Education (SHARE) project, the Central Harlem Health Revival (CHHR), The Bridge Project, Northern Manhattan Perinatal Partnership, and Antioch Baptist Church joined together to help the Northern Manhattan community learn about the dangers of salt in food. The May 19th workshop called “**Stop the Salt Assault**” was held at Harlem’s Antioch Baptist Church on 125th Street and helped participants understand how salt can increase blood pressure. Guest speakers demonstrated healthy ways to cook delicious low-salt dishes and offered information on how to read labels on food packages.

Demonstrations were lead by:

- [Vivian Kurutz](#), **Director of New Song/Harlem Center for Healthy Living (HCHL)**, demonstrated how to cook a delicious low-salt dinner and provided tasty samples for the crowd.
- **Maudene Nelson, RD, CDE, a nutrition educator at the Columbia University Institute of Human Nutrition** is a registered dietician and certified diabetes educator at the [Naomi Berrie Diabetes Center](#). She showed participants how to understand nutrition labels, how to choose low-salt packaged foods, and to know how much total salt a person should eat each day.

HHPC student interns from Touro College of Pharmacy provided blood pressure screenings and counseling during the workshop.