

FOREWORD

Praise be to God Almighty who has bestowed His grace and guidance, so that the author can complete this proposal entitled "The Effect of Counseling with Educational Video Media *Dietary Approaches To Stop Hypertension* (DASH) on the Knowledge of Elderly and Pre-Elderly Hypertension Patients in RT 03 RW 01 Sekarpuro Village, Pakis District, Malang Regency".

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Writer