



BlueCross BlueShield
of New Mexico

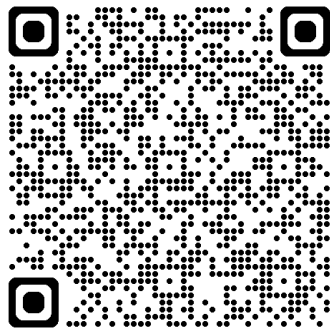


NUTRITION AND DIABETES

Date: November 20

Time: 8:30 a.m.

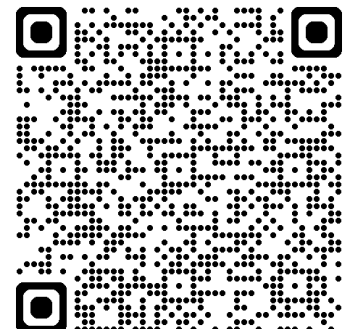
[Register Here](#)



Date: November 20

Time: 3:45 p.m.

[Register Here](#)



We will learn about:

- Reading Nutrition Facts Label
- How to use the Diabetes Plate method for meal planning
- Tips for eating out