



BlueCross BlueShield  
of New Mexico



## NUTRITION AND HEART HEALTH

**Date:** Wednesday, June 17

**Time:** 8:30 a.m.

[Register Here](#)

\*Only 15 Minutes!



**Date:** Wednesday, June 17

**Time:** 3:45 p.m.

[Register Here](#)

\*Only 15 Minutes!



### We will learn about:

- What is Heart Disease
- How healthier eating can help with heart health
- Ideas for meal and snack planning
- Tips for making healthier choices at home and while eating out