



BlueCross BlueShield  
of New Mexico



## Trending in Nutrition

**Date:** Monday, June 22

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

**[Register Here:](#)**

**\*Only 15 Minutes!**



**Date:** Monday, June 22

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

**[Register Here:](#)**

**\*Only 15 Minutes!**



### **We will learn about:**

- Basics of dieting
- Importance of good nutrition
- Information on popular nutrition trends
- Keys to maintaining a healthy weight