



BlueCross BlueShield
of New Mexico



SETTING THE TABLE FOR HEALTHY EATING

Date: Wednesday, March 26

Time: 8:30 a.m.

[Register Here:](#)

Date: Wednesday, March 26

Time: 3:45 p.m.

[Register Here:](#)

We will learn more about nutrition as we discuss:

- How to read and use the nutrition facts labels
- Shopping smart to make healthier choices
- Making healthier food choices at home and while eating out