

Eating For Your Numbers



Use this presentation as a guide to help you make health conscious choices.

- 🌱 Calculate what your personal calorie daily intake should be.
- 🌱 Understand how to read a nutritional label.
- 🌱 Learn how to manage hypertension, cholesterol and diabetes.

Tuesday, March 14th

12:00 pm — 1:00 pm MST

Room 27 or Blue Jeans

Contact wellness@aura-astronomy.org for more information

Join Meeting on Blue Jeans

<https://bluejeans.com/428015002/8450?src=htmlEmail>

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- 1) Dial: 199.48.152.152 or bjn.vc
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LIVE LONG



AND PROSPER

