

# 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 14<sup>th</sup>

12:00 pm — 1:00 pm MST

Main Conf. Room or Blue Jeans

Contact [wellness@aura-astronomy.org](mailto:wellness@aura-astronomy.org) for more information

## Join Meeting on Blue Jeans

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

### Connecting directly from a room system?

- 1) Dial: 199.48.152.152 or [bjn.vc](http://bjn.vc)
- 2) Enter Meeting ID: 428015002

### Just want to dial in on your phone?

- 1) [Direct-dial with my iPhone](#) or  
[+1.408.740.7256](tel:+14087407256) (US)  
[+1.888.240.2560](tel:+18882402560) (US Toll Free)  
[+1.408.317.9253](tel:+14083179253) (Alternate number)

- 2) Enter Meeting ID: 428015002
- 3) Press #



LIVE LONG



AND PROSPER

