

Managing Hypertension and Diabetes



Learn the recommended dietary guidelines to better manage hypertension and diabetes

- ⚡ How do sodium and potassium affect hypertension?
- ⚡ What are low glycemic index foods and why should you eat them?

Tuesday, June 13th

12:00 pm — 1:00 pm MST

Main Conf. Room or Blue Jeans

Contact 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](https://bluejeans.com/428015002/8450?src=htmlEmail)
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LIVE LONG



AND PROSPER

