



**PLEASE JOIN US!**

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **FREE ONLINE NUTRITION SEMINAR**

Learn all about good nutrition from the safety and comfort of your own home!

The Nutrition Seminars are moving online via ZOOM\* and are open to **EVERYONE** who wants to attend, so feel free to tell **family & friends too!** This program is being held in conjunction with the ongoing Blood Pressure Self-Monitoring Program\*\* being offered through the YMCA of Central New Mexico.

\* In-person nutrition seminars will resume at the Y once allowed by the State of NM

\*\* Enrollment in the BPSMP is not required to attend nutrition seminars

**To sign up, send an email to: [bloodpressureymca@gmail.com](mailto:bloodpressureymca@gmail.com)**

### **First Wednesday of the Month, 12 - 1pm**

- Wednesday, November 4th: Heart Healthy Eating for Life
- Wednesday, December 2nd: DASH Way of Eating
- Wednesday, January 6th: Lowering Sodium Intake
- Wednesday, February 3rd: Shopping, Preparing & Cooking Food for Better Blood Pressure Management

### **Third Thursday of the Month, 12 - 1pm**

- Thursday, November 18th: Heart Healthy Eating for Life
- Thursday, December 17th: DASH Way of Eating
- Thursday, January 20th: Lowering Sodium Intake
- Thursday, February 18th: Shopping, Preparing & Cooking Food for Better Blood Pressure Management

For questions or to enroll, please email: [bloodpressureymca@gmail.com](mailto:bloodpressureymca@gmail.com)

Or call: 505-595-1515 x4013

