



BlueCross BlueShield  
of New Mexico

# Trending in Nutrition



**What:** Are you confused with what you should be eating?

Bring your lunch and join us for a session on basic nutrition and breaking down the Paleo Diet, high protein/low carb diet, Mediterranean diet, vegetarian diet and gluten free diet.

**When:** March 17, 2017

**Where:** Alice & Bruce King Educational Complex

**Time:** 12:00 pm -1:00pm

**Wait there's more!!!**

A raffle **prize** will be given out during the session and a

**Health coach** will be onsite before and after presentation to help put your goals into action!!



ALBUQUERQUE  
PUBLIC SCHOOLS  
Benefits Department

**Employee Wellness**  
Promoting a Culture of Health

