

Heart Health Nutrition Education

Join zoom meeting by entering meeting ID and passcode:

- Meeting ID: **949 8356 5416**
- Passcode: **440385**

Topic	Date and Time
Mediterranean and DASH diets	Dec 10 th 11:00am
Blood Glucose Management	Dec 17 th 11:00am
Whole Food Plant Based Eating & the Microbiome	Jan 7 th 11:00am
Mindful Eating	Jan 14 th 11:00am
Grocery Shopping and Easy Recipes	Jan 21 st 11:00am
Inflammation	Feb 4 th 11:00am
Mediterranean and DASH diets	Feb 11 th 11:00am
Blood Glucose Management	Feb 18 th 11:00am
Whole Food Plant Based Eating & the Microbiome	Feb 25 th 11:00am
Mindful Eating	Mar 4 th 11:00am
Grocery Shopping and Easy Recipes	Mar 11 th 11:00am
Inflammation	Mar 18 th 11:00am



Pulmonary Health Nutrition Education

Join zoom meeting by entering meeting ID and passcode:

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Topic	Date and Time
Nutrition after Lung Transplant	Dec 27 th 10:00am
Nutrition for ILD and COPD	Jan 31 st 10:00am
Nutrition and COVID-19	Feb 28 th 10:00am

