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| --- | --- |
| Topic | Date and Time |
| Grocery Shopping and Easy Recipes | Sept 3rd 11:00am |
| Inflammation | Sept 10th 11:00am |
| Mediterranean and DASH diets | Sept 17th 11:00am |
| Blood Glucose Management | Sept 24th 11:00am |
| Whole Food Plant Based Eating & the Microbiome | Oct 1st 11:00am |
| Mindful Eating | Oct 8th 11:00am |
| Grocery Shopping and Easy Recipes | Oct 15th 11:00am |
| Inflammation | Oct 22nd 11:00am |
| Mediterranean and DASH diets | Oct 29th 11:00am |
| Blood Glucose Management | Nov 5th 11:00am |
| Whole Food Plant Based Eating & the Microbiome | Nov 12th 11:00am |

Heart Health Nutrition Education

Join zoom meeting by entering meeting ID and passcode:

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Pulmonary Health Nutrition Education

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| Topic | Date and Time |
| Nutrition after Lung Transplant | Sep 27th 10:00am |
| Nutrition for ILD and COPD | Oct 25th 10:00am |
| Nutrition and COVID-19 | Nov 22nd 10:00am |