

# Heart Health Nutrition Education

Join zoom meeting by entering meeting ID and passcode:

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

Topic	Date and Time
Inflammation	Mar 18 <sup>th</sup> 11:00am
Mediterranean and DASH diets	Apr 1 <sup>st</sup> 11:00am
Blood Glucose Management	Apr 8 <sup>th</sup> 11:00am
Whole Food Plant Based Eating & the Microbiome	Apr 15 <sup>th</sup> 11:00am
Mindful Eating	Apr 22 <sup>nd</sup> 11:00am
Grocery Shopping and Easy Recipes	Apr 29 <sup>th</sup> 11:00am
Inflammation	May 6 <sup>th</sup> 11:00am
Mediterranean and DASH diets	May 13 <sup>th</sup> 11:00am
Blood Glucose Management	May 20 <sup>th</sup> 11:00am
Whole Food Plant Based Eating & the Microbiome	May 27 <sup>th</sup> 11:00am
Mindful Eating	Jun 3 <sup>rd</sup> 11:00am
Grocery Shopping and Easy Recipes	Jun 10 <sup>th</sup> 11:00am



Visit <https://bit.ly/4aSzXnj> under helpful links to view recorded lectures if unable to attend live.

# Pulmonary Health Nutrition Education

Join zoom meeting by entering meeting ID and passcode:

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- Passcode: **440385**

Topic	Date and Time
Nutrition for ILD and COPD	Apr 25 <sup>th</sup> 10:00am
Nutrition and COVID-19	May 30 <sup>th</sup> 10:00am
Nutrition after Lung Transplant	Jun 27 <sup>th</sup> 10:00am

