



BlueCross BlueShield  
of Texas

Well onTarget®



## **NUTRITION AND HEART HEALTH**

### *BROWN BAG 'LUNCH AND LEARN'*

**Date:** February 12, 2024

**Time:** 12:00 Noon

**Location:** UC 249

**Please RSVP to [akelly@tamut.edu](mailto:akelly@tamut.edu) if you are planning to attend.**

#### **We will learn about:**

- What is Heart Disease
- How healthier eating can help with heart health
- Ideals for meal and snack planning
- Tips for making healthier choices at home and while eating out

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