



ESSENTIALS OF NUTRITION

Date: Thursday, March 27, 2025

Time: 8:00 a.m. – 8:45 a.m. CST

Registration Link: [BCBS Webinar-Essentials of Nutrition-TRS](#)

Time: 12:00 p.m. – 12:45 p.m. CST

Registration Link: [BCBS Webinar: Essentials of Nutrition-TRS](#)

We will learn about:

- Nutrition basics and healthier food choices
- Recommended serving sizes and tips for portion control
- Healthy snack ideas
- Strategies for maintaining a healthy weight