

Please Join Us in Celebrating Good Health!

SOLUTIONS FOR HEART HEALTH

A Nutrition Awareness Webinar

February 28th

2:00p.m. – 3:00p.m. ET

Learn about...

- How to manage and/or prevent diabetes and heart disease through simple strategies
- Risk factors that CAN or CANNOT be changed
- Biometrics – knowing your numbers and what they mean
- Lifestyle changes for optimal health and disease prevention!

[CLICK HERE TO REGISTER](#)

To test the software prior to this webinar, go to: <https://zoom.us/test>



MASSACHUSETTS

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association.

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association.

© Registered Marks of the Blue Cross and Blue Shield Association.

© 2018 Blue Cross and Blue Shield of Massachusetts, Inc., and Blue Cross and Blue Shield of Massachusetts HMO Blue, Inc.

101 Huntington Avenue, Suite 1300, Boston, MA 02199-7611 | 1-800-262-BLUE (2583)