

Free Lunch & Learn Series

Healthy Menu Planning to Manage Chronic Medical Conditions

4 week series

Sponsored by
The Department of Human Resources and Express Scripts

Do you or a loved one have a chronic medical condition, like diabetes, high blood pressure and cholesterol?

Are you looking for healthy recipe ideas that will help you manage your overall health?

If you answered yes to either of these questions then sign up to attend our 4 week series on Healthy Menu Planning to Manage Chronic Medical Conditions.



When:

12 PM to 1 PM

4 Weeks Beginning Monday February 6th

Where:

201 E. Baltimore St., 1st floor

To register, please complete and fax a training registration form to DHR Training Division at 410-545-3289. For more information, please contact Sheri Artz by phone at 410-396-1411 or TTY 711 (Maryland) or email sheriartz@baltimorecity.gov.

For more information, please call 443-984-3816.