



# Lunch with *MIA*

## Heart Health and Living with Hypertension

Join the **Maryland Insurance Administration** and the **Maryland Academy of Nutrition and Dietetics** for an informative presentation on hypertension and heart health. During the presentation, learn tips to help make healthy lifestyle changes and how to use your health insurance to fit your healthcare needs. We hope to see you there!

**Date:** 1/13/2022

**Time:** 12:00pm-1:00pm

**Registration Link:** [ow.ly/6rVn50H5Ce1](https://ow.ly/6rVn50H5Ce1)

**Zoom Link:** [ow.ly/RU8x50H4tj4](https://ow.ly/RU8x50H4tj4)

**Zoom ID:** 160 145 5662

**Call-In Phone Number #:** 1-646-828-7666

