NEW NUTRITION PROGRAM

Coming Soon!

good measures

Space is limited to 300 participants!

BetterHealth through Good Measures®

Open to all City of Albuquerque employees, spouses and domestic partners. Dependents in your household 16 years and older are also eligible.

Make positive changes in your eating and other health behaviors.

This program is particularly beneficial if you have one or more nutrition-sensitive medical conditions such as:

Pre-diabetes/diabetes • Heart disease • High Cholesterol
Hypertension • Osteoporosis • Arthritis
Renal disease • Celiac disease • Excess weight

For more information go to the video link below:

nm.goodmeasures.com

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Stay tuned for registration information.