

Nutrition 101 Series

Little things with a BIG Punch

UNDERSTANDING THE ROLE OF MICRONUTRIENTS

During this workshop participants will:

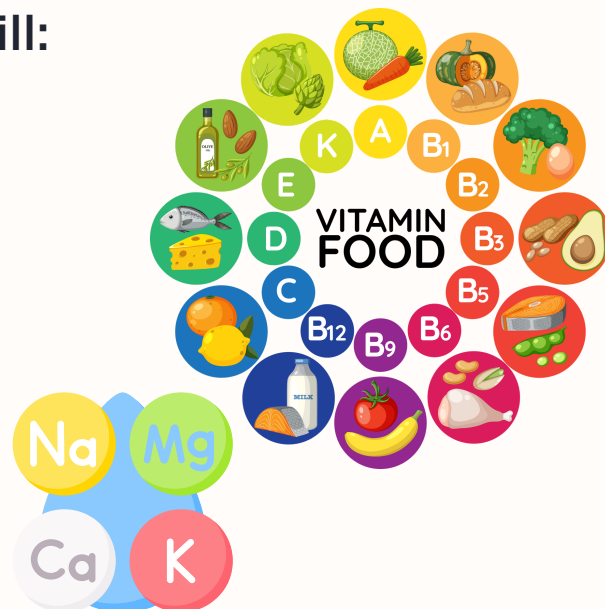
1. Learn two categories of micronutrients
2. Learn function of micronutrients.
3. Learn relationship between micronutrients and overall health.

Thursday April 16, 2026
2 - 3:30 pm

Felcian Villa – Bldg A
1301 Stephanie Rd SE
Rio Rancho, NM 87124

Presented by: Sandoval County
Extension

Madeline Gurney, CES FCS/4-H Agent
mgurney@nmsu.edu
505 867 2582
Sandoval@nmsu.edu



Register by scanning the QR code
or go to our website and register
on-line

New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the U.S. Department of Agriculture cooperating.

If you are an individual with a disability and need an auxiliary aid or service, please contact the Sandoval County Extension Office at least one week before the Class. The College of Agriculture, Consumer and Environment Science (ACES) is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academic, research, and extension programs.