

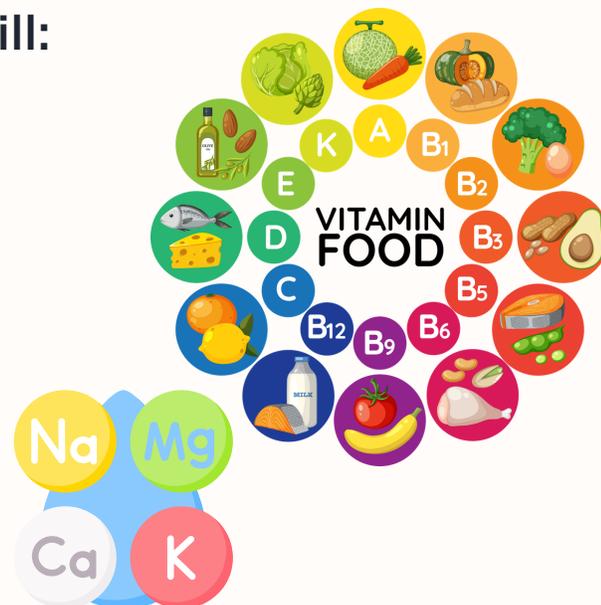
# Nutrition 101 Series

## 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 9, 2026**

**1:30 - 3:00 pm**

**El Zocalo Event Center**

**264 S. Comino Del Pueblo**

**Bernalillo, NM 87004**

Presented by: Sandoval County  
 Extension

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

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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.