



# FRESH CONVERSATIONS



## Registration Link:

<https://umd.zoom.us/meeting/register/tJwvdOCrrjkpHd2xECn0QMCBep2I97mmehtf>

If you need a reasonable accommodation to participate in any event or activity, please contact Jeanette Jeffrey at [jjeffrey@umd.edu](mailto:jjeffrey@umd.edu) or 410 222-3906 at least 14 days prior to your preferred individual session.

# HEART- HEALTHY FAT FACTS

Nutrition  
online  
conversation  
for adults 50  
years and older

## Let's talk about it together!

- Why are some fats considered “good” and others “bad”?
- Discuss the effect different fats have on heart and health.
- Get the latest scientific information on healthy eating and heart health.

**DATE: September 18, 2020**

**TIME: 2:00 – 3:00 p.m.**

**This online webinar is FREE, but registration is required.** Please register in advance at the link below to the left. Join the session using **ZOOM** link or join by **phone** using numbers provided when registering.

Additional free webinars are offered twice a month from September 4 - December 18, 2020. Each webinar has an individual Zoom link for registration found here:  
<https://extension.umd.edu/anne-arundel-county/fresh-conversations>

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**JOIN US ONLINE**

**for this timely conversation!**