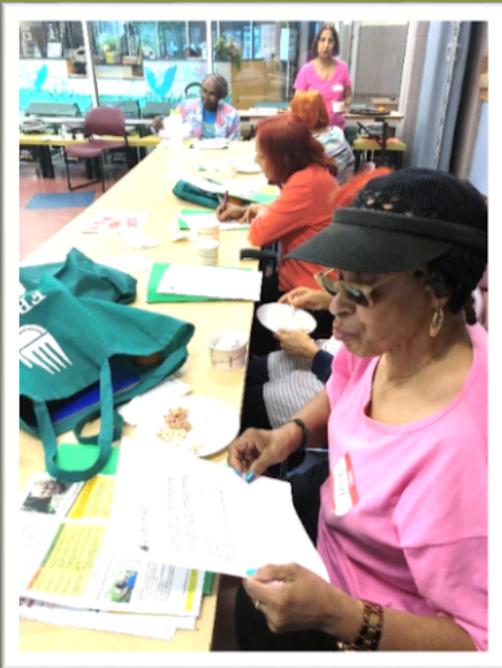




FRESH CONVERSATIONS



The Fresh Conversations offers friendly conversation to help you maintain your health and independence. Adults over 50 years of age, can join us online to learn from each other, discuss current nutrition and health topics, and discover new ways to be active.

After attending each session, participants will receive a **free copy** of the **Seasoned Newsletter!**

FREE Online Event!

This will be an 8-part series with sessions on the 2nd and 4th Wednesday of each month beginning on September 9th through December 23rd. To register for each session, use their respective link indicated below.

September 9, 11:00am, Go with Your Gut Bacteria

Learn about the importance of the gut microbiome and foods that promote gut health.

<https://umd.zoom.us/meeting/register/tJUpc-qoqDMjG9WuyvhKEmLFr1zs8NzxwSRQ>

September 23, 11:00am, Dairy Dilemma: Is it Really Milk?

Plant-based beverages made from soy, almond, or coconut are labeled milk. Compare the nutritional value of these plant based beverages to cow's milk.

<https://umd.zoom.us/meeting/register/tJ0rd-qvrT0qEte2J1MnbkR6OB-9IxepIEb2>

October 14, 11:00am, Heart Healthy Fats

Some fats are considered "good" and others "bad." Learn about the effect different fats have on your heart and health.

<https://umd.zoom.us/meeting/register/tJAof-uoqToqHdXXk14h7MQKzbcTLYHCROXq>

October 28, 11:00am, Sugar: Sinfully Sweet

Learn about the difference between natural sugar and added sugar and about the recent research on how added sugars contribute to heart disease, fatty liver, and diabetes.

<https://umd.zoom.us/meeting/register/tJArcuGrpj8vGdJj52koCvJVxo3eTJm3N2Po>

November 11, 11:00am, Ancient Grains Make a Comeback

Learn how whole grains can help prevent constipation and other common health problems and how to identify sources of whole grains and how much to include in your daily diet.

<https://umd.zoom.us/meeting/register/tJEpdOmpqj4vGNbN4Pw38utXN9aTgjGC4Ww2>

November 25, 11:00am, Eating Out and Eating Healthier Just Got Easier

Most of us eat and drink at least 1/3 of our calories from restaurants and other food establishments. Learn about how to make healthy choices at restaurants and other places you eat.

<https://umd.zoom.us/meeting/register/tJ0scuquqDIVHdwhVQ-Hr9EuRKq456VAAtQOA>

December 9, 11:00am, Should You Worry About Vitamin D?

Vitamin D plays a key role in having strong bones. Learn about how much vitamin D you need and where to get it.

<https://umd.zoom.us/meeting/register/tJ0qc-2sqDotG93IBJG9maCoukuuCHL-tnf8>

December 23, 11:00am, Lower Your Stroke Risk

Learn about the risk for stroke such as high blood pressure, being overweight and too much stress and how you can lower your risk

<https://umd.zoom.us/meeting/register/tJEuce6oqT4uEtRAsbLGuVklTmbUeLg7GuN5>

If you need a reasonable accommodation to participate in any event or activity, please contact us 14 days before your preferred individual session. Lisa McCoy, lmccoy@umd.edu, 301-791-1304

Living Your Dreams • Be Active, Be Strong

**JOIN US FOR
FUN & CONVERSATION**