



## FRESH CONVERSATIONS



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

# FREE Online Event!

This will be an **8-part series** with two sessions each month beginning on **August 25th** through **November 19th**. To register for each session, use their respective link indicated below.

- **August 25, 1p.m., Vitamin D Deficiency**
  - REGISTER: <https://go.umd.edu/FoodSmartUMEvitaD>
- **August 27, 1p.m., Lower Your Stroke Risk**
  - REGISTER: <https://go.umd.edu/FoodSmartUMEstroke>
- **September 22, 1p.m., Go with Your Gut Bacteria**
  - REGISTER: <https://go.umd.edu/gut>
- **September 24, 1p.m., Dairy Dilemma**
  - REGISTER: <https://go.umd.edu/FoodSmartUMEdairy>
- **October 20, 1p.m., Heart Healthy Fats**
  - REGISTER: <https://go.umd.edu/FoodSmartUMHeart>
- **October 22, 1p.m., Sugar: Sinfully Sweet**
  - REGISTER: <https://go.umd.edu/FoodSmartUMEsugar>
- **November 17, 1p.m., Ancient Grains**
  - REGISTER: <https://go.umd.edu/FoodSmartUMEGrains>
- **November 19, 1p.m., Eating Out**
  - REGISTER: <https://go.umd.edu/FoodSmartUMEEatout>

Your instructors will be Family & Consumer Sciences Agents:  
Shauna Henley, PhD and Terry Serio

Living Your Dreams • Be Active, Be Strong

## JOIN US ONLINE FOR THIS TIMELY CONVERSATION!