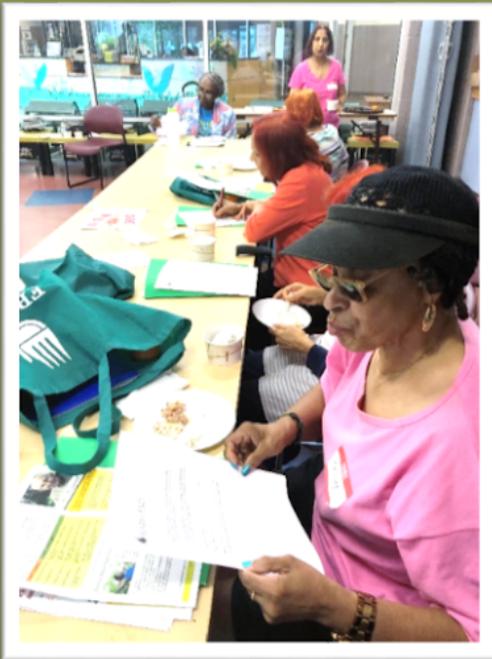




FRESH CONVERSATIONS



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 two sessions each month beginning on July 29th through November 4th. To register for each session, use their respective link indicated below.

July 29, 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/tJ0lceysrz8tGNK_pDqIXSFanoW2yMsZ6b_I

August 12, 11:00am, Lower Your Stroke Risk

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

<https://umd.zoom.us/meeting/register/tJEud-yqpkvGdDGcuTkUC69bAOIPKuSlyJQ>

August 26, 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/tJ0lfuquqTorEteXsZGzc-wqMonA7GnW3pSL>

September 9, 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/tJlvcOuoqD4jH9V1bl_mC17NL2ad9vVzc_kk7

September 23, 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/tJEvdu-grT8sHdNOcOA4jBplmicD3hIvJE84>

October 7, 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/tJEscO-grTgsHNPBA5xbWXLSTMYfeVf4Cpj>

October 21, 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/tJ0ofu6orzspHNJnn2fc3XNm_91iROaGMTAR

November 4, 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/tJwsd-yurDssGd13-fCYIQT0V0NAg6uGL_P7

If you need a reasonable accommodation to participate in any event or activity, please contact us 14 days before your preferred individual session. **Cheryl Bush**, cherb@umd.edu, 410-758-0166.

Living Your Dreams • Be Active, Be Strong

**JOIN US FOR
FUN & CONVERSATION**