

September 3, 2020

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Deborah Rhoades, MA, RD, FAND
Extension Educator, Family & Consumer Sciences

Fall is just around the corner and Frederick County students have settled into a new routine with virtual learning. Adults are invited to step up to the platform (pun intended) with a free on-line program called **Fresh Conversations**. This eight part webinar series will provide two classes each month (Wednesdays at 11:00 a.m.) beginning in September lasting through December.

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 ways to be active. Classes will be 45 minutes in length with 15 minutes for questions. Extension Educators and Registered Dietitian Nutritionists (RDN's) Lisa McCoy and Deborah Rhoades will lead the sessions.

Here is the class schedule:

September 9, 11:00 a.m., **Go with Your Gut Bacteria** Learn about the importance of the gut microbiome and foods that promote gut health.

September 23, 11:00 a.m., **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.

October 14, 11:00 a.m., **Heart Healthy Fats** Some fats are considered "good" and others "bad." Learn about the effect different fats have on your heart and health.

October 28, 11:00 a.m., **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.

November 11, 11:00 a.m., **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.

November 25, 11:00 a.m., **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.

December 9, 11:00 a.m., **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.

December 23, 11:00 a.m., **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

Each webinar has an individual Zoom link for registration. For links

<https://extension.umd.edu/events/wed-2020-09-09-1100-fresh-conversations-2020-virtual-series>

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.

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Deborah Rhoades, MA, RD, FAND, is a licensed Registered Dietitian, Fellow of the Academy of Nutrition Dietetics, and Extension Educator in Family and Consumer Sciences.

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