

EVERYDAY NUTRITION FOR HEALTH WEBINAR SERIES 2025-26

Research-based information provided by experts in the field.

Register now!



John Wilson, PhD,
Assistant Professor in
Fermentation Science

FERMENTATION AND HEALTH: Fact or Fiction

Tuesday, September 30, 2025, 12:00-12:45pm



Learn about fermentation and the health impacts of fermented foods. Gain practical tips and evidence-based guidance for adding fermented foods to your diet.

Register Here:
<https://col.st/dW2s2>



Jessica Clifford, MS, RDN

FACTS ABOUT FATS

Addressing consumer confusion about dietary fat.

Tuesday, November 11, 2025, 12:00-12:30pm



Confused about saturated fat, seed oils, and more? Join us to learn about how dietary fat impacts our health and review the research and recommendations for everyday nutrition.

Register Here:
<https://col.st/zg91Z>



Lynn Bellmore, MD, RDN

OPTIMIZING MUSCLE MASS WHILE AGING

Looking at how nutrition and physical activity help us maintain muscle mass.

Tuesday, February 17, 2026, 12:00-12:30pm



Lynn Bellmore, registered dietitian and family physician, will discuss the importance of strength for healthy aging and highlight key nutrition and physical activity considerations for staying strong.

Register Here:
<https://col.st/55X9Y>



Anne Kozil, MS, RDN

THE MIND DIET:

How the foods we eat can impact cognitive decline.

Tuesday, April 14, 2026, 12:00-12:30pm



Learn about this dietary pattern that may help reduce the risk of Alzheimer's disease and cognitive decline. Receive practical tips for eating foods that help support brain health.

Register Here:
<https://col.st/vuhwG>

