

March 4

Food, Mood, and You:
A Complicated Relationship

Tessa Garrow, MS, LMHC, NCC, ACS
Behavioral Health Specialist, Purdue University

Join this session as we explore how society's hyper-focus on fad diets and physical appearance impacts our relationship with food, our body image, and our mental health.

March 11

Lactose Intolerant? Think Again

Dennis Savaiano, PhD
Purdue University Department of Nutrition Science

Join us as Dr. Savaiano shares four decades of research to help you identify and manage your love/hate relationship with dairy products.



Food for Life, Health & Comfort

A National Nutrition Month webinar series
Featuring Hoosier experts and researchers

Lunch & Learn – 12pm ET

Thursdays in March

Details & Registration info at:

<http://bit.ly/NNM21>

March 18

Heart Healthy Diet in Action

Audrey Bedwell, RD
Clinical Dietitian, Good Samaritan Hospital

Take a heart smart approach to healthy eating!
In this webinar we will discuss how diet can affect your heart health and discuss actionable ways to improve your diet for better health.

March 25

Healthy at Home:
Diabetes and Quarantine

Brittany Fiscus, BSN, RN
Diabetes Nurse Educator, Welch Diabetes Center

Pandemic messing up your A1C?! Join this discussion to help you take back control and manage your diabetic eating plan even during COVID-19.

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