Fresh Conversations*

Each month a new topic with nutrition discussion & food tastings.

FRESH CONVERSATIONS

Sugar: Sinfully Sweet?

Wednesday December 4th at 1pm

- **Learn the health effects of sugar**
- **Tips for limiting sugar**

Pre-registration required for this free event

Registration Options

To register please email, call, or visit the center in person
UrbanaSeniorCenter@FrederickCountyMD.gov
301-600-7020

Presented in partnership with the University of Maryland Extension and the Maryland Dept. of Aging.