



FRESH CONVERSATIONS



What is the conversation about?

This Month's Conversations

- What is a healthy fat?
- Go Mediterranean!
- Makeover your tuna salad recipe

IOWA STATE UNIVERSITY
Extension and Outreach

When?

Where?

Contact:

Name: _____

Phone: _____

Additional Healthy Living Resources:
Iowa Nutrition Network
Iowa Department of Public Health
(515) 281-6047

Are you 60+? Looking to eat healthy and stay active?

**JOIN US FOR
FUN, FELLOWSHIP & FOOD**

Information & resources for seniors with home & family questions
ISU AnswerLine 1-800-262-3804