

## Want to learn more?

Virtual Cooking Class Available: **Fighting Inflammation with Fiber**

**Thursday, Oct 20th, 4 – 4:30**

[https://unmc.zoom.us/webinar/register/2016627495820/WN\\_U1Q3pM2pS2OSrE50hsQcuw](https://unmc.zoom.us/webinar/register/2016627495820/WN_U1Q3pM2pS2OSrE50hsQcuw)



**Friday, Oct 21st, 12 – 12:30**

[https://unmc.zoom.us/webinar/register/3716627496484/WN\\_YZlw6ByPSFWySX1gux80iw](https://unmc.zoom.us/webinar/register/3716627496484/WN_YZlw6ByPSFWySX1gux80iw)

