

Facts About Fats: The Role of Fat in a Healthy Diet

Date: Wednesday, December 18, 2024

Time: 12–1 pm (Eastern Time)



Are you looking for some guidance on how to incorporate fat into your diet? Join us for a comprehensive look into what dietary fats are, why they are important, how they impact your health, and ideas for including them in your diet.



Featured Speaker: Morgan Fries, MS

Morgan is currently a dietetic intern at Massachusetts General Hospital. She received her Bachelor's degree in Clinical Nutrition from UC Davis and her Master's degree in Human Nutrition and Dietetics from Boston University. Previously, she has worked as a registered diet technician in pediatric and neonatal intensive care unit settings in Boston. Morgan is passionate about educating the community on evidence-based nutrition.

- This program is free and open to Mass General patients, families, staff, and the general public.
- To attend this program, click on the link or scan the QR code:

<https://partners.zoom.us/j/87102349034>



For more information, call 617-724-7352 or email PFLC@partners.org



Blum Center Program Schedule

Scan this QR code with your phone's camera
to see our program schedule online

