

Springtime Science

Planting seeds of knowledge



Webinar Series

Join the **Interdisciplinary Health Sciences Institute and University of Illinois Extension** for a series on a variety of health topics. Pick and choose programs based on interest.

All sessions are offered on Wednesdays at noon (CST) from March 3 - April 28, 2021. These sessions are FREE, but registration is required.

MARCH 3 | GET THE FACTS ON SUPPLEMENTS

Interested in taking dietary supplements but not sure if you need them? In a follow-up to her Fall 2020 Facts on Nutrition, Leila Shinn, MS, RDN, FAND will cover information on how to understand supplement labels and decide if they're right for you!

MARCH 10 | HUNGRY FOR CHANGE: INVESTIGATING THE IMPACT OF COVID 19 ON FOOD INSECURITY

Food insecurity has many implications besides hunger. The pandemic has compounded the burden on 35 million Americans that experience food insecurity. Join Ru Liu, MS, RD to learn more about food insecurity in the context of COVID-19 and what we can do to help.

MARCH 17 | FREE-RADICAL FIGHTERS: UNDERSTANDING THE IMPORTANCE OF ANTIOXIDANTS

Have you ever wondered how Antioxidants work in your body to reduce inflammation and fight off cancer development? Learn about the natural antioxidant properties of many fruits and vegetables, and how to increase intake in day-to-day living with Breanna Metras, BS.

MARCH 24 | OUR CHEMICAL ENVIRONMENT, PART 1: A PRIMER ON TOXICOLOGY AND ENDOCRINE-DISRUPTING CHEMICALS

You've seen the labels that say "BPA free" or "phthalate-free"...but what does that actually mean? Megan Woodbury, BS, BA will explain these and more to prepare you for the rest of the "Our Chemical Environment" mini-series this spring!

MARCH 31 | OUR CHEMICAL ENVIRONMENT, PART 2: PHTHALATES, BPA, AND THE DEVELOPING BRAIN

Chemicals like BPA and phthalates are a popular choice in making water bottles and food packaging because they do a great job of making plastic flexible, but they also look a lot like hormones. Elli Sellinger, BS in neuroscience, will dive into how hormones, like estrogen and testosterone, shape the developing brain and how chemicals like BPA and phthalates can mess with this process.

APRIL 7 | STAND UP AGAINST SITTING DOWN: THE BENEFITS OF SITTING LESS

Have you been thinking about how much you've been sitting during this pandemic? In a follow-up of her fall presentation on physical activity throughout the lifespan, Shelby Key, MS will discuss the state of research on sedentary behavior, go over the effects of excessive sedentary time, and discuss strategies to replace sitting with physical activity.

APRIL 14 | THE MYTHS AND MISCONCEPTIONS OF METABOLISM

Can specific foods truly boost your metabolism? Does aging inevitably slow it down? In this presentation, Jonathan Cerna, BS will talk about the most common misconceptions and present the most important factors that affect your metabolism.

APRIL 21 | GET TO KNOW YOUR BRAIN: WHAT WE KNOW ABOUT ALZHEIMER'S DISEASE

Did you know that symptoms of Alzheimer's Disease (AD) include more than just memory loss? Mickeal Key, MS will take you through the symptoms of AD and discuss the latest research on causes and treatments. She will also highlight what the research says about reducing the risk of developing AD.

APRIL 28 | FOOD FOR THOUGHT: EXPLORING THE GUT-BRAIN AXIS

Have you ever wondered how what you eat can impact your brain? Join Corinne Cannavale, BS to learn more on how our gut microbiome could be impacting our brain and what the most up-to-date research is on this topic!

Register at: go.illinois.edu/SpringtimeScience