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These seminars are fully interactive and feature expert speakers in health, wellness and nutrition. Best of all, you can email our speakers with your questions during the presentation and they'll respond during a question and answer session. Register to attend, and get information and tools to help you make informed health decisions.

My Mediterranean kitchen

Kathleen Zelman, MPH, RD

February 14, 2017

12:30 p.m. ET, 11:30 a.m. CT, 10:30 a.m. MT, 9:30 a.m. PT

The Mediterranean diet is the Gold Standard for heart health, longevity and wellness – considered to be one of the healthiest diets and lifestyles on the planet. Heart disease continues to be the leading cause of death for both men and women in the United States and it is preventable! It begins on your plate along with a commitment to regular activity. A healthy diet and lifestyle are among the best weapons in the fight against heart disease. Join us for this seminar to learn simple, effective diet strategies that can lower your risk for heart disease and help improve overall health while enjoying a mouth-watering cuisine.



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Kathleen Zelman, MPH, RD

Kathleen Zelman is a nationally known nutrition correspondent, editor and contributing writer of diet and nutrition articles. She has served as director-at-large on the Academy of Nutrition and Dietetics Board of Directors, and is the recipient of numerous national communication awards including the Academy's "Media Excellence Award" for her contribution and commitment to educating consumers about food and nutrition. Kathleen also received one of the Academy's highest honors, the 2016 'Lenna Frances Cooper Memorial Award' in recognition of a distinguished career and remarkable contributions to the profession.



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