



# WEBINAR

## Professional Development

### EVENT LOCATION

<https://militaryfamilieslearningnetwork.org/event/22086/>

### HOW TO JOIN

To join the webinar use the 'Event Location' link above and follow all directions within this site. The webinar is hosted by the All Partners Access Network (APAN), but will also be available through YouTube Live. By using APAN attendees will be able to participate with the presenter and other audience members. For a broadcast only webinar, participants have the option of connecting via YouTube Live.

### CE CREDIT & CERTIFICATES OF COMPLETION

The MFLN Nutrition and Wellness Team will apply for 1.0 CPEU for Registered Dietitians.

### PRESENTER

Dr. Kristi Crowe-White, RD  
Associate Professor  
Department of Human Nutrition  
The University of Alabama  
College of Human Environmental Sciences

## OCTOBER 4, 2018 | 11AM Eastern

# Coconut Oil: Super Food or Super Fad

Coconut oil is all the rage these days to benefit your health. It has been rumored to help with heart disease, thyroid problems, slow aging, and protect against illnesses such as Alzheimer's, arthritis, diabetes and even weight loss. But what is the truth about coconut oil? Tune into this webinar to learn fact from fiction about this popular oil.

### Learning Objectives

- The participant will be able to discuss the composition of coconut oil and the metabolism of its triglycerides.
- The participant will be able to explain the science behind the purported benefits of coconut oil for weight loss and blood lipid levels.
- The participant will be able to assist clients in understanding the inclusion of coconut oil in context of a healthy dietary pattern.

## REGISTER TODAY!.....

