



## **Free summer webinar series**

Registration is open for "Eat More Fish," a free Virginia Cooperative Extension program for anyone hungry to learn how incorporating more fish into meals can support a healthy lifestyle. Join Extension experts and seafood industry members as they demystify enjoying seafood at home and help attendees build confidence to purchase, handle, and cook with fish.

In a series of four live webinar sessions, participants will explore the science behind the benefits of including more fish in our diets, the status of the seafood industry in Virginia, and how to safely and deliciously prepare fish at home.

**For more info and to register, go to:**  
**<https://bit.ly/392edtW>**

### **2022 PROGRAM DATES**

- **June 29**
- **July 6**
- **July 13**
- **July 20**