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Connecticut Dietetic Association
87 Mountain Road
North Granby, CT 06060
www.dietetics.com/cda

Weight Matters



2008
Annual Spring
Meeting,
Exhibits and
Posters

Tuesday, April 15, 2008
Aqua Turf Club
Southington, CT

*Your link to nutrition
and healthsm*

7:15-8:15 am **Registration and Breakfast**
*Breakfast Sponsored by New England Dairy & Food Council

7:30-8:15 am **Exhibits and Posters**

8:15-8:30 am **President's Welcome**
Teresa Martin Dotson, RD, CD-N

8:30-9:30 am **ADA: Leadership Role in the World of Food & Nutrition**
Ellen L. Shanley, MBA, RD, CD-N
Speaker 2007-2008, American Dietetic Association
An update on some of the recent successes of ADA and where we are heading.
Learning Needs Codes: 1000, 1070

9:30-10:30 am **Overweight, Undernourished and At-Risk: Tackling Today's Childhood Nutrition Problems**
Elizabeth M. Ward, MS, RD
Highlight the most common nutrient deficiencies in childhood and examine the effects of the rising rate of obesity on kids' health and their well-being as adults.
*Sponsored by the National Cattlemen's Beef Association
Learning Needs Codes: 4000, 5000, 5280, 5370

10:30-11:00 am **Morning Break & Exhibits**

11:00-12:00 pm **Managing the Eating Disorder Voice**
Betsy Friedman-Davis, LCSW, RD
Review the internal dialogue common in individuals with eating disorders. Strategies to manage the internal bully and to empower patients to find a more positive voice to move them toward a happier, healthier life will be revealed.
Learning Needs Codes: 4000, 5000, 5200, 6000, 6010

Please bring a
non-perishable fruit or
vegetable item for
Connecticut Foodshare
Walk Against Hunger

12:00-1:30 pm **Exhibits and Posters, Raffle**

12:30-1:30 pm **Lunch and Awards**

1:30-2:30 pm **Food and Emotions: Understanding the Psychological Treatment of Eating Problems**
Dr. Jennifer Ferrand, PsyD
Dr. Ferrand works as a staff psychologist specializing in health psychology and behavioral medicine at Hartford Hospital and the Institute of Living consulting to medical and surgical teams including the weight loss surgery program.
Learning Needs Codes: 5000, 5200, 6000

2:30-3:05 pm **Exercise Parameters for the Obese Population**
Marie Lagasse, MS, Exercise Physiologist
Exercise guidelines for the obese population will be reviewed according to the ACSM. The benefits of exercise will be discussed for this population. An exercise demonstration will follow the lecture with audience participation.
Learning Needs Codes: 2110, 4000, 4060, 5370

3:05-3:20 pm **Afternoon Break**

3:20-3:35 pm **Delegate's Report**
Paula Leibovitz, MS, RD, CDE, CD-N, CDA Delegate

3:35-4:35 pm **Indications for Surgical Treatment of Obesity and Medications for Weight Control**
Sherry Sanderson, APRN
Role of surgery in the treatment of obesity, risks, and outcomes. Review of medications used in the treatment of obesity.
Learning Needs Codes: 4000, 5000, 5370

Evaluations/Certificates

The full day program is approved for
6.0 Continuing Professional Education Credits
from ADA/CDR.

Additional credits:
1 CPEU for Exhibits
1 CPEU for Posters

Learning Needs Codes are suggestions and are not limited to those listed.

Registration Form

Contact Information: AnnMarie Spizzoucco, RD,
CDA CPI Chair at 860-545-9330 or
aspizzo@ccmckids.org

Badge Information:

Name and Credentials _____

Company/School _____

ADA Number: _____

Daytime phone: (_____) _____

Street: _____

City/State/Zip: _____

Email: _____

Do you give permission for CDA to share your contact information listed above with exhibitors?
___ Yes, I give permission ___ No, I do not give permission

Registration fees:

Early bird postmarked by April 1st

_____ \$90 member
_____ \$130 non-member
_____ \$50 student/retiree

After April 1st

_____ \$105 member
_____ \$145 non-member
_____ \$65 student/retiree

\$5.00 of the registration fee for members and non members will be designated toward the Polly Fitz Scholarship Fund at ADAF. CDA will match the donation.

Register on-line and pay by credit card at

www.dietetics.com/cda

OR

Mail check payable to CDA to:

CDA

87 Mountain Road

North Granby, CT 06060

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