

# NUTRITION CONFERENCE

## Agenda Outline

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9:00 – 9:40	<b>General Registration</b>			
9:45 – 10:00	<b>Welcome Address</b> general welcome and housekeeping information			
	<u><b>Nutrition</b></u>	<u><b>Wellness</b></u>	<u><b>Fitness</b></u>	<u><b>Family Nutrition</b></u>
10:15 – 11:00	<p style="text-align: center;"><b><u>Nutrition Basics</u></b></p> <p>The basics of good nutrition, understanding the new food pyramid, importance of making healthy choices.</p>	<p style="text-align: center;"><b><u>Know your Doctor</u></b></p> <p>Hear information about what to look for in a doctor as well as the preventative steps you should be taking to insure your staying in good health.</p>	<p style="text-align: center;"><b><u>Your Body in Action</u></b></p> <p>Before you begin a fitness routine learn how your body works, the importance of key muscles and their development and how that relates into your personal fitness plan.</p>	<p style="text-align: center;"><b><u>Grocery Shopping Made Easy</u></b></p> <p>Learn new techniques on how to stretch your dollar at the grocery store, sell by vs. expired, and create a basic food budget.</p>
11:00 – 11:10	<b>BREAK</b>			
11:10 – 11:55	<p style="text-align: center;"><b><u>Healthy Choices on the Go</u></b></p> <p>The basics of good nutrition, understanding the new food pyramid, importance of making healthy choices.</p>	<p style="text-align: center;"><b><u>How to Combat Childhood Obesity</u></b></p> <p>Childhood obesity is one of the fastest growing epidemics in our country. Hear from experts on how to make healthy eating choices, break poor meal patterns and most importantly make nutrition fun for your child.</p>	<p style="text-align: center;"><b><u>Fitness Class</u></b></p> <p>Check out the new and exciting fitness classes. Learn the basics of zumba, pilates and cardio training.</p>	<p style="text-align: center;"><b><u>Healthy Meals on the Cheap</u></b></p> <p>Learn how to create healthy meals for your family that are not only good for you but taste great and wont' break your budget.</p>

<p>12:00 – 1:00</p>	<p><b>Lunch</b> <b>Panel Discussion</b></p>				
<p>1:10 – 1:55</p>	<p><b><u>The Skinny on Fat</u></b> Fat is fat, right? Not necessarily. Learn the difference between good fat and bad fat and how it affects your health.</p>	<p><b><u>Stress Management</u></b> Stress is harmful to your mind, body and soul and can result in severe health issues. Spend time learning great techniques on how to manage stress in your daily life.</p>	<p><b><u>Fitness at Home</u></b> Hang out and learn some great techniques that will help get you shape from the comfort of your own home.</p>	<p><b>Bring Your Family Back to the Table</b> Find out the benefits of eating meals as a family.</p>	
<p>2:00 – 4:00</p>	<p><b>Mobile Pantry</b> <b>Health Fair</b></p>				