

ABOUT GNC

The Georgia Nutrition Committee for National Defense was formed in 1940 as a non-profit organization. The name was changed in 1950 to Georgia Nutrition Council (GNC).

Its mission is to bring together professionals from all fields of nutrition & food science in an effort to promote awareness of current nutrition issues & research related to the health and well-being of Georgians.

The objectives of GNC are to:

Promote & provide nutrition education

Foster an awareness of current nutrition research objectives & results.

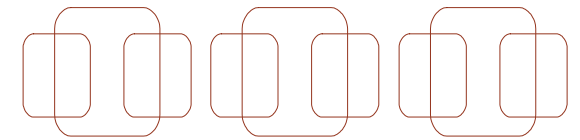
Provide leadership in addressing nutrition issues related to the well-being of people.

Serve as a source of nutrition information.

Encourage graduate study in nutrition, food science, dietetics, & related fields.

Enjoy the relaxed atmosphere of the GNC annual conference while earning continuing education credits. A great opportunity to network with other nutrition professionals, advance your knowledge and skills, & share new ideas with others in our state.

Georgia Nutrition Council, Inc.
P.O. Box 9866
Savannah, GA 31412



FOODS & MOODS

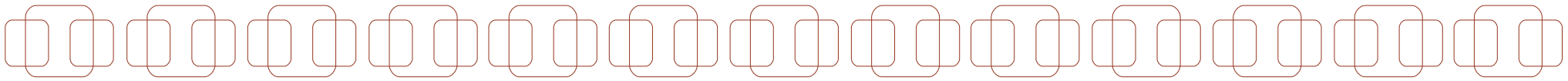
“Enhancing Ourselves
through Nutrition, Health,
and Mindful Living”

**Georgia Nutrition
Council**

**2009
Annual Conference**

**Four Points by Sheraton
Historic Downtown
Savannah, GA
February 19-20, 2009**

www.gagnc.org



FOODS & MOODS Conference Highlights

Food is essential to everyday life. There are many factors involved in making daily food choices. From current trends & books; to stress, sleep, & exercise; to television, snack foods, & healthy alternatives; come & learn some new ideas for working with your audience; this conference will provide strategies for working with children, youth, & adults.

Dr. Catherine Christie’s book, “Fat is Not Your Fate” will be on sale Thursday following her session.

Thursday evening dining at Paula Deen’s famous - The Lady & Son’s Restaurant.

Featured speaker, Joel Weintraub has entertained & educated diverse audiences. He has presented in a variety of venues including state & national conferences, Food Channel, Dangerfield’s Comedy Club, major radio stations and the local news.

This conference will definitely be one you don’t want to miss!

Conference Agenda

Wednesday, February 18th

5–7 PM Registration in Lobby

7:30 PM Executive Board Meeting

Education & Enrichment

Thursday, February 19th

7-9 AM Registration in Lobby

7:30 AM Breakfast & Morning Movement

8:45 AM Opening Session

Welcome, Highlights, & Introductions

Fat is Not Your Fate

Catherine Christie, PhD, RD, LD/N, FADA

The Culture of Obesity

Diane Roberts Ayers, MPH, RD, LD, IBCLC

12:00 PM Lunch & Student Presentations

1:15 PM Afternoon Session 1

Reduce Stress, Enhance Sleep and Improve Exercise & Nutrition Compliance...While Using Humor
Joel Weintraub, MEd, BS

3:15 PM Afternoon Session 2

Sensible Snacking
Danielle Dalheim, RD

4:15 PM Explore & Relax

5:45 PM Dinner & Student Awards

*Meet in lobby for short walk.
The Lady & Sons Restaurant*

Friday, February 20th

7:00 AM Breakfast & Morning Movement

8:00 AM Morning Session 1

Toxic Food Choices Endorsed on TV
Michael Mink, PhD, MPA

Let’s Talk About Health
Beth Pascal, MS

10:30 AM Hotel Check Out & Break

10:45 AM Morning Session 2

Bringing Home a Mediterranean Diet
Bob Lafavi, PhD

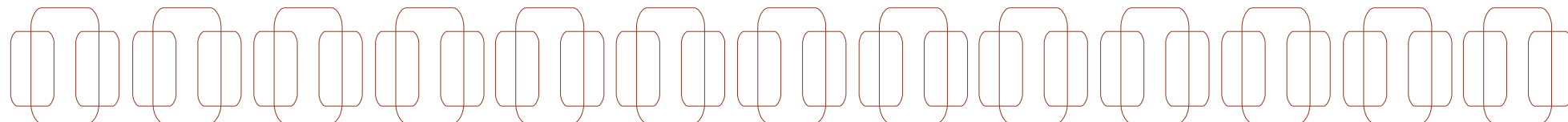
12:15 PM Awards Luncheon

2:00 PM Adjournment

Have a safe trip home!

For information about the sessions please refer to the back of the registration form.

This conference will provide 10 hours of Instruction/learning. Georgia Dept of Education employees will receive 1 PLU for attending.



**GNC 2009 ANNUAL CONFERENCE
REGISTRATION FORM**

Register for: Prices

FULL CONFERENCE

- MEMBER \$155.00
- NON-MEMBER \$190.00
- STUDENT \$ 90.00

ONE-DAY ONLY

- THURSDAY \$120.00
- FRIDAY \$100.00

SCHOLARSHIP DONATION

- HOLLY ALLEY \$ _____
- RITA WALTERS \$ _____

TOTAL ENCLOSED \$ _____

Please Make Note

Conference Registration Prices DO NOT include your hotel accommodations or parking.

These should be made separately by Jan. 18 at Four Points by Sheraton Historic Savannah. Call now to reserve your room.

**Please Return this form by February 6th*

NAME _____

TITLE _____

ADDRESS _____

EMAIL _____

PHONE _____

Method of Payment

- Check Payable to: **Georgia Nutrition Council**
- Visa
- MasterCard

Name as Shown on Card

Card Number

Expiration Date

For More Information Contact

Lisa Jordan, GNC Conference Chair
(912) 652-7981 or (912) 844-7505 cell
lisajord@uga.edu

Please Fax or Mail this Form and Payment Information by Feb. 6th

Attention
Lisa Jordan, Conference Chair
Georgia Nutrition Council, Inc.
P.O. Box 9866
Savannah, GA 31412

Phone: (912) 652-7981
Fax: (912) 652-7989

HOTEL & PARKING INFO

When making arrangements please mention you are with the Georgia Nutrition Council

Rooms have either two double beds or one king sized bed & include: free wireless Internet, flat screen TVs, & access to the fitness center, heated pool, sun deck, & business center.

Rooms: \$104.00 per night
Parking: \$ 10.00 per day

**Four Points by Sheraton
Historic Savannah
520 West Bryan Street
Savannah, GA 31401
Phone: (912) 790-1000
Fax: (912) 721-1270**

Toll Free (800) 368-7764

***Fat is Not Your Fate
Nutrigenomic Implications for
Practitioners***

What does nutrigenomics mean & why is it important? This session will explore functional foods & their role in your health. The book *Fat is Not Your Fate* will be available for purchase & signing following this session.

Catherine Christie, PhD, RD, LD/N, FADA
Chair & Graduate Program Director
University of North Florida

The Culture of Obesity

Explore how & why obesity is so prevalent in our society as well as what we can do to combat this growing trend in Georgia.

Diane Roberts Ayers, MPH, RD, LD, IBCLC
Project Coordinator, Ga. Nutrition & Physical Activity Initiative, Public Health in GA DHR

Sensible Snacking

Frito Lay: A Healthy Snacking Story

Travel through the company's history & where they are today in health and wellness, as well as, what the food environment is currently like. During your journey you will learn more about Frito-Lays collaboration with the American Dietetic Association & their new website.

Danielle Dalheim, RD
Nutrition Labeling & Regulatory Specialist
Frito-Lay Research & Development, Plano, TX

**GNC Annual Conference
February 19-20, 2009
Savannah, GA**

Session Details

***Behavior Modification Techniques
for Reducing Stress, Enhancing Sleep
and Improving Exercise & Nutrition
Compliance...While Learning How to Use
Humor in Your Life.***

Life doesn't have to be so difficult. The average person is overburdened with stress, becomes easily frustrated with others & never seems to make time for exercise. In this session, you will be given the opportunity to develop behavior modification techniques & improve your work relations ... all this while learning how to use humor to develop a new perspective on life. Come ready to laugh!

Joel Weintraub, MEd, BS
CEO Humor for the Health of It

***Finding the Mediterranean Diet in Italy:
How Can We Bring it Home?***

Cultural experiences in Italy led to an insight into the healthful aspects of the Mediterranean Diet. This session will explore food, emotions, & health from Italy to the USA.

Bob Lafavi, PhD
Professor & Graduate Coordinator Health Sciences
Armstrong Atlantic State University

***The TV Diet
Toxic Food Choices Endorsed on TV***

What would happen if you ate only foods that you see on TV? Could you eat these foods & still be healthy? The average American will see almost 15,000 televised endorsements for nutritionally imbalanced foods every year. With no nutrition education on TV to counteract these unhealthy endorsements, these biased ads pose a risk to public health. Come find out how biased the "TV Diet" really is & how to combat this pervasive form of dietary misguidance.

Michael Mink, PhD, MPA
Assistant Professor of Public Health
Armstrong Atlantic State University

Let's Talk About Health

Good health begins with good habits, but the road to developing those habits is fraught with obstacles. Come & look at the total life context of families & learn to fit the environment to the person instead of forcing the person to fit the environment.

Beth Pascal, MS
Children's Health Care of Atlanta
Coordinator - FIT Kids Program

HOW TO REGISTER

Return Attached Registration Form with Enclosed Payment by ***February 6th***

Make Hotel Accommodations with Four Points by Sheraton by ***January 18th***

