

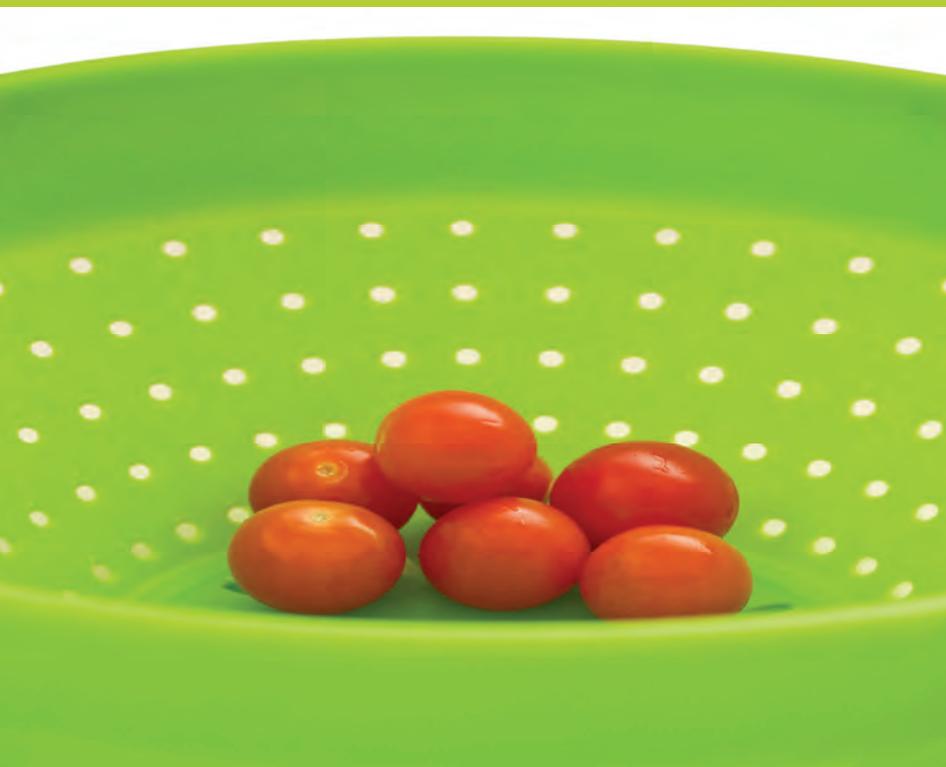


Educating Pennsylvanians about Healthy Eating

PA NEN SUMMER/FALL * WORKSHOP 2013

How to Make Nutrition, Fitness and Cooking Demonstrations Exciting, Fun and Inspirational!

Presented by the PA Nutrition Education Network and
Facilitated by Zonya Foco, RD, CSP, CHFI



PHILADELPHIA, PA—7/31 (LA SALLE UNIVERSITY)
GETTYSBURG, PA—8/2 (ADAMS COUNTY EXT OFFICE)
GREENSBURG, PA—11/14 (WESTMORELAND EXT OFFICE)



PA NEN is a program of PHMC

Making Nutrition and Fitness Fun

HOW TO MAKE NUTRITION, FITNESS AND COOKING DEMONSTRATIONS
EXCITING, FUN AND INSPIRATIONAL!

Teaching nutrition is a vitally important job. But what's even more important? Motivating and inspiring your clients to USE what you're teaching them! With professional speaker, author and TV host Zonya Foco, RD, you'll get the tips, tricks and insider secrets you need to transform your "teaching" into "inspiring."

Who Should Attend?

Includes but is not limited to:

- Licensed and accredited food, nutrition, health, culinary, medical teaching professionals/ para-professionals
- Professionals and agencies working with, or providing meals/ supplemental meals or food education programming for individuals or communities
- Professionals and agencies working with childhood and/or family nutrition, meal planning, nutrition/health education

Learning Objectives:

By attending this continuing education workshop:

- Participants will be able to make the topics of nutrition and fitness fun, engaging and inspiring by utilizing creative props, humorous analogies, physical movement and inspiring stories.
- Participants will learn energizing songs and moves so they can confidently lead their groups in "getting up and moving."
- Participants will learn a simplified weekly menu-planning and grocery-shopping system that is turn-key and easy to teach others.
- Participants will have all the guidance they need (complete with grocery lists, equipment lists and main nutrition teaching points) to present at least 5 "Lickety-Split" recipe cooking demonstrations, plus have all the reproducible recipes for dozens more.



**Please note all times in this brochure are tentative*

Agenda/Descriptions

8:30 - 9:00 am: Light Continental Breakfast and Welcome

9:00 - 10:30 am: Making Nutrition Exciting, Fun and Inspirational

Professional speakers know that an effective presentation is one-third information, one-third entertainment and one-third motivation. How do your current classes, one-on-one sessions and presentations fare? As a professional speaker whose messages have reached over 15,000 people every year for the past 15 years, Zonya knows how to engage and motivate an audience using eye popping visuals, a great sense of humor and a passion for changing lives. She is happy to share her secrets for success (and plenty of failures!)... taking years off your learning curve!



10:30 - 11:45am: Part I-Making Cooking Demos Exciting, Fun and Inspirational

This portion of the workshop will help you to *add five new, low cost cooking demos* to your repertoire that are easy to implement and absolutely SIZZLE like the food network stars, sans the expensive ingredients and complicated steps!.

11:45 am - 12:15 pm Lunch

12:15 - 1:45 pm: Making Fitness Exciting, Fun and Inspirational



Learn the secrets to inspiring fitness by getting your audience up and moving to high energy music. Yep, you'll learn three new, easy and fun ways to both spark their brains for learning and inspire a love of fitness for a lifetime. Don't worry – you don't have to be a fitness professional to safely and successfully move your audiences.

1:45 - 2:00 pm: Break

2:00 - 3:45 pm: Part II-Making Cooking Demos Exciting, Fun and Inspirational

After a fun and exciting fitness experience we get right back into the cooking! During this portion of the workshop you will learn how to expertly present a simplified menu-planning and grocery-shopping system that will leave your audiences saying, "Wow! I can do that!"



Optional Workshop:**4:00 - 4:45 pm****DIET FREE**

Participants can elect to stay after the workshop to hear from Zonya about her wildly successful wellness program called **DIET FREE** and how it might assist you in bringing advanced health to your community or worksite. This turn-key, 10-week nutrition and fitness video seminar program is a cinch to facilitate, and includes all the materials needed in order to effortlessly help folks swear off diets for good and find their fitness love with eight life-changing habits that give obesity, type 2 diabetes, cancer and heart disease the boot!



Participants will be able to state the eight DIET FREE habits and dissect as a group if and when these eight habits all work together to control calories, fat, sugar and sodium and improve fiber and phytonutrients intake naturally. Participants will also be able to tailor their own educational programs and approaches in a way that embraces the “realistic” and “non-diet” approach and brings new levels of success to their clients.

After listening to Zonya all day, I KNOW you’ll definitely want to stay! So plan on it! Learn more at www.DIETFREE.com.

Continuing Education Credits are available for each workshop. For more information regarding continuing education credits and other important information visit www.panen.org/summer-workshop.

LOCATIONS, DATES & CANCELLATION INFORMATION

Directions and other pertinent information for each site is available on the PA NEN website, www.panen.org. Space is limited to 30 people per location.

*Location: Philadelphia
La Salle University
1900 West Olney Ave
Philadelphia, PA 19141*

July 31, 2013

*Location: Gettysburg
Adams County
Extension Office
670 Old Harrisburg Rd
Gettysburg, PA 17325*

August 2, 2013

*Location: Greensburg
Westmoreland
County Extension Office
214 Donohoe Rd, Suite E
Greensburg, PA 15601*

November 14, 2013

Cancellation Policy:

PA NEN must receive all cancellation requests in writing 15 business days before event date. Faxed requests are accepted. Fax all cancellation requests to the attention of Rose Pallotta-Cleland at 717.635.7478 PA NEN refunds the registration fee, **less a \$50.00 processing charge**. There are no refunds for requests received after the 15 business day grace period. Refunds are not processed until after the conference. Substitutions are always accepted. For more details visit www.panen.org/summer-workshop.

But Wait, There's More...

You'll also get an extensive booklet covering all of the details of this session, plus a copy of Zonya's best-selling 400-page cookbook, *Lickety-Split Meals for Health Conscious People on the Go*, a \$24.95 value. Included with the cookbook is publisher permission for YOU to photocopy recipes and share with your audiences. This alone is worth the price of admission!



Simply join Zonya, 25-year veteran registered dietitian, TV host, and Certified Health and Fitness Instructor, as she shares her secrets for combining the art of a great cooking presentation with expert nutrition and fitness knowledge...all through awesome, simple, low-cost, and DOABLE ideas that you can start using immediately. Learn more about Zonya at www.Zonya.com.

**About Zonya Foco, RD, CSP, CHFI**

As America's Nutrition Leader, Zonya Foco is a master of inspiration, motivation and visual humor providing hard-facts information and simple solutions that help everyday people improve health, create balance and maximize energy. She is the only Registered Dietitian (RD) and Certified Health and Fitness Instructor (CHFI) in the country to have earned the prestigious Certified Speaking Professional (CSP) designation. In addition to hosting the weekly series "Zonya's Health Bites" and two-hour special "DIET FREE with Zonya" on national public television, she is the author of *Lickety-Split Meals* and *Lickety-Split Diabetic Meals* cookbooks, co-author of the *DIET FREE* novel, *Water with Lemon* and author of the *DIET FREE* Video Seminar Lifestyle Program. Zonya

has also been a guest presenter for "Oprah & Bob's Best Life Challenge" and has partnered with Health Alliance Plan (HAP) of Michigan since 2004 to develop and present its award-winning Weight Wise member programs.

Zonya received her bachelor's degree from Eastern Michigan University in 1987 and then worked for eight years as a clinical nutritionist for the Michigan Heart and Vascular Institute at St. Joseph Mercy Hospital in Ann Arbor. It is from these clients that she discovered the need for a "countertop coach" cookbook and in 1998 wrote *Lickety Split Meals for Health Conscious People on the Go*, filled with easy recipes and healthy tips for everyday families. In 2008, Zonya reworked the recipes and tips and created *Lickety-Split Diabetic Meals* (published by American Diabetes Association) to help those with diabetes in their quest for a healthier, happier life. Learn more about Zonya at www.Zonya.com.

**About The Pennsylvania Nutrition Education Network**

The Pennsylvania Nutrition Education Network (PA NEN) promotes healthful food choices to low income Pennsylvanians of all ages, and encourages individuals and families to adopt positive, sustainable diet-related behaviors through the development and support of public and private partnerships.

PA NEN's strives to facilitates communication among those individuals, organizations and agencies concerned with community nutrition education. The Network mission is to ensure that effective and appropriate nutrition education is available, primarily for low-income populations, across the state. Learn more about PA NEN at www.panen.org.