

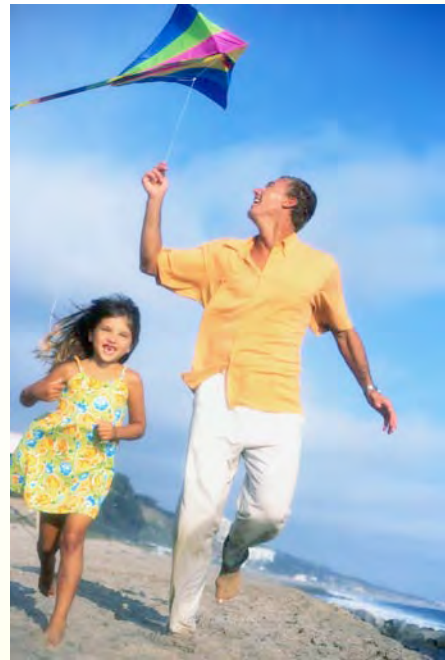
Healthy Lifestyles Conference

April 21, 2010

Comfort Suites, Burlington, Iowa

Featured Speakers:

Chef Cyndie Story, PhD, RD
Zonya Foco, RD, CHFI, CSP
Mark Towers, BS, MS



Presented by Southeast Iowa Regional Coalition for Lifestyle Enhancement

Christine O'Brien
Emily Carrick
Patty Steiner

(319) 753-0193
(319) 372-5225 or 1-800-458-6672
(319) 754-7556 or 1-800-914-1914

Speakers

Chef Cyndie Story, PhD, RD has a PhD in Food and Lodging Management obtained through Iowa State University's Child Nutrition Leadership Academy. She is a Registered Dietitian and culinarian working primarily in school foodservice since 1989. Chef Cyndie has presented numerous hands on and demonstration style food production and food safety classes throughout the U.S. Her specialties include quantity food preparation, recipe development, food safety, work simplification, fresh produce fabrication, nutrition, and merchandizing techniques that encourage customers to make healthier choices. Chef Cyndie knows the importance of exceptional food quality, presentation, and safety.



Zonya Foco, RD, CHFI, CSP, America's Nutrition Leader, is on a mission to win the war on obesity, type-2 diabetes and heart disease. A master of inspiration, motivation and visual humor; Zonya reaches millions of people each year with a common-sense approach to healthy eating through her TV show, "Zonya's Health Bites," best-selling cookbook, *Lickety-Split Meals for Health Conscious People on the Go!*, co-authored health novel, *Water with Lemon*, and national speaking calendar.

In January 2008 Zonya joined Bob Greene on a national tour as a guest nutritionist and presenter for "Oprah & Bob's Best Life Challenge," providing entertaining and educational cooking presentations. As a nationally recognized expert on nutrition and wellness, Zonya has partnered with Health Alliance Plan (HAP) of Michigan to develop and present HAP's award-winning Weight Wise program, launched in 2004. Zonya has earned the prestigious Certified Speaking Professional (CSP) designation and her boundless energy inspires audiences across North America to stop dieting and start living the healthy life they deserve.

Zonya received her bachelor's degree from Eastern Michigan University 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.

Mark Towers, BS, MS is the founder of Speak Out Seminars. He has been educating people in change management workshops throughout the United States, Europe, South Africa, Mexico and Canada for eighteen years. His educational, motivational and entertaining programs have provided people with the tools to truly transform their lives.

Mark has earned two degrees from the University of Iowa. He received his bachelor's degree in Secondary Education in 1972 and his master's degree in Counseling Psychology in 1977. After spending several years in the education field he became a professional speaker for audiences such as ABC-TV, Hallmark Card, AT&T, Merrill Lynch, GTE and many government agencies.



Mark Towers' research has been very extensive. Change in today's only constant. In order to cope with the current environment of "permanent white water," one must be able to continuously reinvent. Mark applies his intelligence, experience, humor and wisdom to nudge you in a new direction. Listen to the expert in managing change and you will be impacted with his positive and creative strategies for comparing with change.

Conference Agenda



Wednesday, April 21, 2010

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| 8:00 – 8:45 a.m. | Registration |
| 8:45 – 8:55 a.m. | Welcome and Introductions |
| 8:55 – 9:05 | IDPH Obesity Trends in Iowa |
| 9:05 – 10:30 a.m. | Zonya Foco, RD, CHFI, CSP
Power of One Good Habit |
| 10:30 – 10:45 a.m. | Beverage Break |
| 10:45 – 12:15 p.m. | Chef Cyndie, PhD, RD
State of the Plate |
| 12:15 – 1:00 p.m. | Lunch (Provided) |
| 1:00 – 1:45 p.m. | Breakout Sessions:
Too Fickle to be Fit? <i>Zonya Foco</i>
Little Changes Can Make Big Differences:
<i>Mark Towers</i>
<i>Feeling Stressed?</i> Celeste Fry |
| 2:00 - 2:45 p.m. | Breakout Sessions
Tricks of the Trade! <i>Chef Cyndie</i>
Ready, Set, Step: <i>Celeste Fry</i>
Workplace Wellness: <i>Dept of Public Health</i> |
| 3:00 – 4:15 p.m. | Mark Towers, BS, MS
How to Stay Inspired, Energized and Win! |
| 4:15 p.m. | Wrap Up, CEU's and Evaluations |





Conference Goals

- ❖ Inform and update conference participants about current health issues regarding obesity.
- ❖ Increase public awareness of overweight issues that affect our health and lifestyles.
- ❖ Engage participants in learning about effective strategies for providing obesity prevention education

Conference Location

Comfort Suites
1780 Stonegate Center Drive
Highway 61 South, Burlington, Iowa

You may book accommodations at this hotel by calling them directly at 319-753-1300 or through their website at www.comfortsuites.com. Parking is free.



Funding:

This conference is funded in part by Great River Medical Center, Lee County Health Department and Community Action of Southeast Iowa.

Partners/Sponsors



General Information

Conference Registration:

Registration includes lunch, beverage breaks and conference materials.

Registration fee: \$70 if postmarked by April 16, 2010
After April 16TH, Registration is \$90
Student Registration rate is \$25

Cancellation Policy: Cancellations must be received in writing by April 16, 2010 and are subject to a \$15 service fee. After April 16, 2010, substitutions will be accepted but no refunds will be given.

Please make your check out to: SIRCLE Conference

Send your registration fees to:

SIRCLE Conference
Community Action of Southeast Iowa
Attention: Christine O'Brien
2850 Mt. Pleasant Street - Suite 108
Burlington, Iowa 52601
FAX: 319-753-0687

CEU's have been applied for the following:

Nurses: .6 CEUs hours pending approval through Southeastern Community College: Provider Number 24.

Dietitians and other disciplines: A Certificate of Attendance will be available for those needing CEU documentation.



Healthy Lifestyles Conference Registration

Please use the form below to register for the Healthy Lifestyles Conference,
to be held in Burlington, Iowa on April 21, 2010.

Name: _____

Title: _____ RN License Number: _____

Organization: _____

Address: _____

City/State/Zip: _____

Phone: _____ FAX: _____

E-Mail Address: _____

Please note any Special Needs (Dietary, Disability, Breast Feeding Room, etc.): _____

Conference Fees:

Early Bird Registration: Fee \$70 – (postmarked by April 16, 2010)

Registration: Fee \$90 After April 16, 2010

Student Registration: Fee \$25

Check Enclosed (*Make check payable to SIRCLE Conference*)

Amount \$ _____

Check # _____

PO # _____

Send Check to: **SIRCLE Conference**
Community Action of Southeast Iowa
Attention: Christine O'Brien
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