

Maine Nutrition Council

Annual Conference:

Eat for the Health of it!

Monday, April 10, 2017

8am – 3:30pm

MaineGeneral Medical Center in Augusta
35 Medical Center Parkway Augusta, ME 04330

Keynote Speaker: Saray Stancic, MD, is the founder of Stancic Health & Wellness in Ramsey, NJ, a unique and innovative practice whose mission is to educate and empower patients to achieve optimal health via lifestyle modification. Her focus is shedding light on the building body of scientific data supporting the importance of optimal nutrition in disease prevention. The concept for this practice came in response to her experiences as a physician for more than 20 years and as a patient with multiple sclerosis.

Agenda

- 8:00 Registration, Breakfast, and Exhibits
- 8:30 Welcome
- 9:00 Keynote: Dr. Saray Stancic “A Prescription for a Plant-Based Diet”
- 10:15 Exhibits & cooking demo with Tom Mellette of MaineGeneral: Thai Noodles with Marinated Tofu and Vegetables
- 10:30 Session 1: Dr. John Jemison “H2O: What You Need to Know”
- 11:30 Stretch and Movement Break
- 12:00 Lunch & Exhibits
- 12:45 Scholarships & Awards
- 1:00 Panel Discussion: The Role of Diet & Nutrition in Disease Prevention
Panelists include: Dr. Steven Feder (Lincoln Medical Partners), Venus Gilley (RD & Diabetes Educator at MaineGeneral), Donna Walsh (Certified Specialist Oncology Nutrition, MaineGeneral).
- 2:00 Session 2: Dr. Saray Stancic “Managing Autoimmune Disease Using Our Dinner Plate”
- 2:45 Plant Parts Yoga with Jada Wensman, FoodCorps
- 3:00 Closing Remarks
- 3:15 Evaluation & Door Prizes

MNC CONFERENCE REGISTRATION FORM

Eat For the Health of it!

April 10, 2017

Name/Title: _____ Organization: _____

Address: _____ Zip: _____

Phone: _____ Email: _____

Fee(includes lunch): **Member** \$90 (includes dues) **Non-member** \$105 (includes dues)

Student/retired \$55

Special Dietary or Other Accommodations: _____

Registration Deadline: March 31, 2017 – Please mail forms and make checks payable to:

The Maine Nutrition Council, PO Box 246, Augusta, ME 04330

For exhibitor and sponsor information please contact Kelsey Fortin at kelsey.maitc@gmail.com

(certificates for 6 contact hours will be awarded to each participant that completes the conference)