

## BREAKOUT SESSION SPEAKERS



**Courtney Kennedy** is the Nutrition and Education Manager for the Good Shepherd Food Bank in Portland and is the Program Manager for Cooking Matters Maine. She has worked in education and nutrition roles in the public education

sector prior to her position at the Good Shepherd Food Bank. Ms. Kennedy holds a Bachelor of Science in Education and Allied Health Professions with a concentration in Dietetics from the University of Dayton and a Masters in Adult Education from the University of Southern Maine.

**Mike Flynn** is the Director of Student Nutrition Services at MSAD 11- Gardiner School District and a certified Executive Chef. For over 30 years Mr. Flynn has been training with multi-cultural fine dining in Maine, Texas, San Diego, and Japan. For the past 15 years he has been focused primarily on the nutritional requirements and palate of students PK through 12. He focuses much of his time exploring and further understanding the perception of students (customers) with regards to local sourcing, flavor preferences and profiles of food.



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**Elizabeth M. Ward, MS, RD** is a freelance writer and nutrition consultant. She is the author of *MyPlate for Moms*, *How to Feed Yourself & Your Family Better: Decoding the Dietary Guidelines for Your Real Life*; *Expect the Best, Your Guide to Healthy Eating Before, During & After Pregnancy*; *The Pocket Idiot's Guide to the New Food Pyramids*; and *The Complete Idiot's Guide to Feeding Your Baby*. She regularly writes for several publications including *Men's Fitness* magazine, *WebMD*, and *USA Today.com*. She has been a spokesperson for the American Dietetic Association for nearly 10 years.



**Dr. Harold Grams, DC** has been in private practice for 28 years. As a practicing chiropractor he was surprised to see that most of his patients who had back pain also had many chronic health problems. Fortunately his career started as an associate to another doctor who was an expert in nutrition and taught Dr. Grams what he didn't learn in chiropractic school. Dr. Grams continued to learn to use the power of food and nutritional supplements to help people. He has helped children with Autism, ADD/ADHD, learning disorders, asthma, allergies, etc. and adults with many of our modern chronic health problems. He is currently practicing nutritional counseling and has an organic farm in Vienna.

# Maine Nutrition Council

## Feeding the Next Generation

featuring Ellen Glovsky, Ph.D., RD, LDN



## Annual Conference

Wednesday, April 2, 2014

University of Maine at Farmington

Join us on Wednesday, April 2, 2014, on the University of Maine at Farmington campus, and join in on the conversation about how we will feed the next generation to produce healthy, productive adults.

When it comes down to it, much of our lives and our children's lives center around food. Are we giving them the best start possible? Are we teaching them healthy habits that will carry them through and be passed on to future generations? Are we supporting healthy attitudes towards food?



Keynote speaker Dr. Ellen Glovsky, Ph.D., RD, LDN will kick off the conversation, starting with a discussion about eating disorders and Motivational Interviewing. Dr. Glovsky is a registered dietitian and a member of the faculty of Northeastern University, where she teaches courses in nutrition, public health, health behavior change, and Motivational Interviewing. Ellen also maintains a private practice in which she utilizes Motivational Interviewing in weight management, the treatment of eating disorders and nutrition for the prevention of illness.

Dr. Glovsky is an experienced presenter, trainer and teacher and has done training and consultation in Motivational Interviewing for a wide variety of organizations for the past six years.

## CONFERENCE AGENDA

(subject to change)

7:30-8:15 Registration and time to visit exhibits

8:15-8:30 Welcome

8:30-9:45 **Keynote Dr. Ellen Glovsky** -  
*Using Motivational Interviewing to Help Families Make Healthy Food Choices*

9:45-10:15 Visit Exhibits and Activity Break

10:15-11:30 Breakout Sessions:

**Dr. Ellen Glovsky** -  
*Motivational Interviewing and Eating Disorders*

**Mike Flynn** - *MyPlate Cooking Demo*

**Elizabeth Ward** - *Break the Cycle: Healthy Parents, Healthy Kids*

**Dr. Harold Grams** - *Food Power: Using Food to Help Kids with Autism, ADD/ADHD, learning disorders and other health problems - the hope, the evidence and the challenges.*

**Courtney Kennedy** - *Impacting the Food Insecure Population Through Education and Better Nutrition*

11:45 -Noon Presentation of Awards

Noon-1 Lunch and visit exhibits

1-1:15 Diabetes: It's never too L.A.T.E.

1:30-2:30 Afternoon Breakout Sessions  
(repeat of morning sessions)

2:45-3:15 Closing Remarks

3:15-3:30 Evaluation and Door Prizes

### CONFERENCE REGISTRATION FORM "Feeding the Next Generation" April 2, 2014

Name/Title: \_\_\_\_\_ Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail \_\_\_\_\_

Fee/includes lunch (check one): **Member**  \$80 (includes dues) **Non-member**  \$95 (includes dues) **Student**  \$50

Special Dietary or Other Accommodations: \_\_\_\_\_

#### Breakout Sessions: Number top 3 choices 1 - 3

\_\_\_\_ Motivational Interviewing & Eating Disorders

\_\_\_\_ Fresh Start: Kids are Cooking -My Plate Cooking Models & Demonstration

\_\_\_\_ Breaking the Cycle: Healthy Parents, Healthy Kids

\_\_\_\_ Food Power: Using Food to Help Kids with Autism, ADD/ADHD, learning disorders and other health problems

\_\_\_\_ Impacting the Food Insecure Population through Education and Better Nutrition

Registration Deadline: March 14, 2014 - Please mail forms and make checks payable to: The Maine Nutrition Council, c/o Mary Ellen Doyle, P.O. Box 246, Augusta, ME 04330 For exhibitor information contact info@mainenutritioncouncil.org.