

**Georgia Department of Human
Resources Division of Aging Services**
Presents

Creating a Culture of Wellness with
Food, Fun & Fitness
12th Annual Healthy Aging Summit

Take charge of
your health



June 2-4, 2009
Marriott Augusta Hotel & Suites
Augusta, GA

Creating a Culture of Wellness with Food, Fun & Fitness
12th Annual Healthy Aging Summit
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Augusta Marriott Hotel & Suites, Augusta, Georgia

2009 Healthy Aging Summit Goals:

- Highlight the benefits of nutrition, physical activity and lifestyle management in promoting healthy aging.
- Highlight the importance of creating a culture of wellness in different care settings.
- Highlight the power of public and private partnership in building healthier communities.
- Provide continuing education opportunities for health care professionals.
- Provide networking opportunities for conference attendees.

Program Agenda:

June 2, 2009

3:00pm – 5:00pm **Conference Registration**

6:00pm – 8:00pm **Networking Reception**

June 3, 2009

6:30am – 7:15am **Morning Stretch & Walk**

7:30am - 8:30am **Conference Registration, Breakfast & Exhibits**

8:40am – 9:00am **Welcome & Opening Remarks**

9:00am – 10:15am **General Session** – "Creating Wellness, Balance and Hope: Living Your Best Life"
Speaker: Susan Biali, MD
Vancouver, Canada

10:15am – 10:40am **Networking Break & Exhibits**

10:45am – Noon **General Session** – "Preventing Cancer...Steps You Can Take to Reduce the Risk"
Speaker: Morgan Daven, MA
American Cancer Society

Noon – 1: 40pm **Awards Luncheon**

1:45pm – 2:45pm **Concurrent Workshops**

Workshop # 1

“Nutrition & Cancer Prevention... Cooking for a Life Time Program”

Speaker: Connie Crawley, MS, RD, LD

University of Georgia

Workshop # 2

"Stop Waiting for Tomorrow - Make Someday Today"

Speaker: Susan Biali, MD

Workshop # 3

“Creating a Culture of Wellness at Senior Centers – One Step at a Time”

Speakers: Marcia Berlin, RD, LD

Atlanta Regional Commission Area Agency on Aging

Lisa Howard, CTRS

Legacy Link, Inc

Jamie Harper, BS

Sowega Council on Aging

Workshop # 4

“Importance of Nutrition & Physical Activity for Optimum Bone Health”

Speakers: Mary Ann Johnson, PhD

Katie Porter, BS, NASM-CPT

University of Georgia

2:45pm – 3:15pm **Networking Break & Exhibits**

3:15pm – 4:15pm **Concurrent Workshops (Repeat)**

4:30pm – 5:30pm **Optional Event** – Preview of the movie “The Debilitator”
The **Debilitator** is an eye-opening health education docudrama that explores the impact of **diabetes** and its complications.

June 4, 2009

6:30am – 7:15am **Morning Stretch & Walk**

7:30am – 8:30am **Conference Registration, Breakfast & Hotel Check Out**

8:30am – 9:30am **General Session**

“The Power to Change the World Starts with You”

Speaker: Jimmy Callaway, PhD

Georgia Coalition for Physical Activity & Nutrition

- 9:35am – 10:35am **General Session** – “Managing Your Heart Health... It’s in Your Hands”
Speaker: Katy Attebery
Queen of Hearts Foundation
- 10:40am – 11:00am **Networking Break**
- 11am – 12:15pm **Concurrent Workshops**
- Workshop # 1**
“The Power of Public/Private Partnership in Cancer Prevention”
Speakers: Cathy Broom, BS
DHR- Division of Public Health
Olga Jimenez, BS
American Cancer Society
- Workshop # 2**
“Knowing & Accessing Cancer Prevention Resources in Your Community”
Speaker: Gwen Bryant
American Cancer Society
- Workshop # 3**
Diabetes...What Can We Do to Derail the Epidemic?
Speaker: Maurice Madden
Medicare Diabetes Screening Project
- Workshop # 4**
“The Magic of Mealtime...Offering Choice with the Chef/RD Partnership”
Speakers: Gwenyth Johnson, MS, RD, LD
Malika Robinson, CEC.FMP
Senior Connections
- 12:20pm -2:30pm **Lunch & Program**
“Calming the Chaos.....Strategies for Managing Your Daily Stressors”
Speaker: A’Keti Avila
North Central Health Education Task Force
- 2:30pm – 2:45pm **Closing Remarks & Conference Evaluation**
Sudha Reddy, MS, RD, LD
DHR-Division of Aging Services

12th Annual Healthy Aging Summit
Creating a Culture of Wellness with Food, Fun & Fitness
Augusta, Georgia

Program Credits

Application has been made for continuing professional education (CPE) for dietitians from the Commission on Dietetic Registration (CDR). Certificate of Attendance will be provided for other conference attendees.

About the Program

Nutrition status is one of the most important vital signs, just like blood pressure or pulse. Optimal nutrition status is essential to the wellbeing, health, independence and quality of life for older adults. What we eat and how we live have a major impact on the quality and length of life. This conference is designed to provide workshops and general sessions on a variety of topics that will focus on healthy aging and healthy living.

Target Audience

Dietitians, nurses, care coordinators, Area Agency on Aging staff, nutrition service providers, senior center managers, health educators, Parks & Recreation personnel, care givers and others involved in planning and providing care for adults and older adults.

Hotel Information

The Augusta Marriott Hotel is located at Two Tenth Street, Augusta, Georgia. Please see hotel directions for additional details. All day parking is \$5.00. Conferees may make reservations by calling the hotel directly at 706-722-8900. Special room rate for the conference is \$110 per day single or double plus applicable taxes. Please mention that you are attending the DHR Healthy Aging Summit with your stay. **To get the special group rate, you must make room reservations by May 11, 2009. After that, rooms will be available on a space-available basis. For on line Reservations:**

www.marriott.com/agsmec

Booking Code: HACHACO

Hotel Directions

From Atlanta or Macon on I-20:

Continue on I-20 east until you reach the River watch Parkway. Proceed east for approximately 5 miles. Turn left at 13th Street, go one block. Turn right on Reynolds Street, proceed 3 blocks to 10th Street and turn left. Hotel is on the right.

Conference Supporters

The Georgia Division of Aging Services; American Cancer Society; Procter & Gamble; Novo Nordisk Inc; Georgia Gerontology Society; Georgia Area Agencies on Aging; Georgia Coalition for Physical Activity & Nutrition; Augusta Richmond County Recreation & Parks; Georgia Aging Network.

Creating a Culture of Wellness with Food, Fun & Fitness
12th Annual Healthy Aging Summit – Registration Form
June 2 – 4, 2009
Augusta Marriott Hotel

Registration Information
Pre-registration is required

\$155 Full Conference Registration**

\$175 Conference Registration for Dietitians, including CEUs**

**** After May 15, 2009, a \$20 late registration fee will be added**

No registrations will be accepted after May 22, 2009

The space for the conference is limited to the first 300 registrants. The full conference registration fee includes instruction, materials, networking reception, continental breakfast (both days), and lunch (both days). Checks for registration should be made payable to the **“Healthy Aging Trust Fund” (nutrition conference)** and mailed to:

Division of Aging Services
2 Peachtree Street, Suite 9.385
Atlanta, Georgia 30303-3142
Attn: Angela Johnson

You may fax the registration form to 404-657-5285, but the check for the registration must follow by mail prior to the conference. **Registration checks mailed after May 15th should include a late fee of \$20. The final cut off for registration with late fee is May 22, 2009.** For more information, contact Sudha Reddy at 404-657-5316 or Angela Johnson at 404-657-5323.

Name:-----

Registration Fee: Early registration (mailed before May 15, 2009); Dietitians - \$175;
Other Professionals - \$155; Late Fee: Add \$20 (mailed by May 22, 2009)

Job Title: -----

Agency: -----

Mailing Address: -----

Home Agency

Daytime Phone:-----

E-mail: -----



Department of Human
Resources Division of Aging
Services 2 Peachtree St. NW,
9th Floor Atlanta, GA 30303
Atlanta, GA 30303



**Live
healthy
georgia**

