



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



GA DHR Division
of Aging Services
and AARP Georgia
are proud partners
in promoting
physical activity
through walking.

Your Journey to Wellness with Food, Fun and Fitness 8th Annual Healthy Aging Summit

June 16 – 17, 2005

Atlanta Airport Marriott Hotel

Registration Information

Preregistration is required.

Early registration— by May 31, 2005; Registration for dietitians— \$140; Registration for other professionals—\$120.

The space for the conference is limited to the first 300 registrants. There will be no on-site registration. The registration fee includes instruction, materials, continental breakfast (both days), and lunch (both days). Checks for registration should be made payable to the “Healthy Aging Trust Fund” and mailed to the Division of Aging Services, 2 Peachtree St., Suite 9-385, Atlanta, Georgia 30303-3142, Attention: 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 31 should include a late fee of \$20. The final cutoff for registration with late fee is June 10, 2005. 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 31, 2005); Dietitians — \$140;
Other Professionals — \$120; Late Fee: Add \$20 (mailed by June 10, 2005)

Job Title _____ Credentials _____

Agency _____

Mailing Address _____

☐ Home

☐ Agency

Daytime Phone _____ Email Address _____

Georgia Department of Human Resources Division of Aging Services

presents

Your Journey to Wellness With Food, Fun and Fitness
8th Annual Healthy Aging Summit

Take charge of your health



June 16-17, 2005

**Marriott Hotel – Atlanta Airport
Atlanta, Georgia**

Take charge of your health

June 16, 2005

7:45 – 8:45 am [Continental Breakfast, Registration & Networking](#)

8:45 – 9:30 am [Welcome & Opening Remarks](#)

The Honorable Sonny Perdue,
Governor of Georgia (invited)

B.J. Walker, Commissioner
Department of Human Resources

Maria Greene, Director
Division of Aging Services

9:30 – 10:30 am [General Session](#)
[Obesity, Chronic Diseases and Quality of Life](#)
Steven Katkowsky, MD
Health Director, Fulton County Health Department
Atlanta, Georgia

10:30 – 11:00 am [Break](#)

11:00 – 12:00 pm
[The Role of Nutrition and Physical Activity in Successful Aging](#)
Speaker: Nancy Wellman, PhD, RD
Professor & Director
The National Resource Center on Nutrition, Physical Activity & Aging
Florida International University
Miami, Florida

12:15 – 1:45 pm [Lunch & Program](#)
[Osteoporosis & Bone Health](#)
Speaker: Nellie Duke
Chair, Georgia Osteoporosis Initiative & Georgia Commission on Women

1:50 – 2:50 pm [Workshops](#) (concurrent)

Workshop #1:
[The Confusing World of Weight Loss...Finding a Safe Weight Loss Program That Works for You](#)
Speaker: Kathleen Zelman, MPH, RD, LD,
Nutrition Consultant
Marietta, Georgia

Workshop #2:
[Metabolic Syndrome—The Silent Killer...](#)
Speaker: Charlotte Hayes, MMSc, RD, LD, CDE
Director of Nutrition Services, Project Open Hand
Atlanta, Georgia

Workshop #3:
[Hype and Hope of Dietary Supplements & Health](#)
Speaker: Mary Ann Johnson, PhD
Professor and Faculty of Gerontology, Department of Foods & Nutrition, University of Georgia
Athens, Georgia

Workshop #4:
[Feeling Fit & Fabulous At Any Age](#)
Speaker: Regina Orlosky, Certified Fitness Trainer
Augusta, Georgia

2:50 – 3:15 pm Break & Networking

3:15 – 4:15 pm Workshops (repeat)

4:30 – 6:00 pm Osteoporosis Screening (optional)

June 17, 2005

8:00 – 9:00 am [Continental Breakfast, Registration & Networking](#)

9:00 – 10:15 am [General Session](#)
[Life After 50: Nutrition for Optimal Health](#)
Speaker: Mary Ann Johnson, PhD
Professor & Faculty of Gerontology, Department of Foods & Nutrition, University of Georgia
Athens, Georgia

10:15 – 10:45 [Break & Networking](#)

10:45 – noon [Workshops](#) (concurrent)

Workshop #1
[Medications Risk Management in Older Adults](#)
Speaker: Jack E. Fincham, PhD, RPh
A.W. Jowdy Professor of Pharmacy Care
College of Pharmacy, University of Georgia
Athens, Georgia

Workshop #2
[Senior Centers As Wellness Centers... Planning Programs To Promote Healthy Aging](#)
Speakers: Ilona Preattle & Tiffany Ingram
Staff Members, Lower Chattahoochee Area Agency on Aging
Columbus, Georgia

Mary Byrd, RD
Wellness Program Coordinator
Atlanta Regional Commission, Area Agency on Aging
Atlanta, Georgia

Pat Freeman
Area Agency on Aging Director, Legacy Link, Inc.
Gainesville, Georgia

Workshop #3
[When Falling Down Isn't Funny.... Strategies for Fall Prevention in Older Adults](#)
Speakers: Lisa Dawson, Director
Division of Public Health—Injury Prevention & Control Section
Atlanta, Georgia

Tiffany Sellers
Graduate Assistant, Department of Foods &

Nutrition, University of Georgia
Athens, Georgia

Workshop# 4
[The Power of Nutrition in Alzheimer's Caregiving](#)
Speaker: Delia Hanson Baxter, PhD, RD, LD
Associate Professor
Department of Foods and Nutrition
Georgia State University
Atlanta, Georgia

12:00 – 2:00 pm [Lunch and Program](#)
[Developing a Better You!](#)
Speaker: Nancy J. Lewis, MS, PHR
Professional Speaker/Trainer
Progressive Techniques, Inc
Fayetteville, Georgia

2:00 – 2:30 pm [Closing Remarks and Program Evaluation](#)
Speaker: Sudha Reddy, MS, RD, LD
Chief Nutritionist & Wellness Program Director
Division of Aging Services
Atlanta, Georgia

Program Credits
Application has been made for continuing professional education (CPE) 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 vital signs, just like blood pressure or pulse. Optimal nutrition status is essential to the well-being, 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. There will be concurrent workshops both days of the conference.

Target Audience
Dietitians, nurses, care coordinators, health educators, Area Agency on Aging staff, senior center managers, nutrition service providers, caregivers and other professionals involved in providing care for older adults.

Hotel Information
The Atlanta Airport Marriott Hotel is located at 4731 Best Road in College Park, Georgia. Please see hotel directions for additional details. **Parking fee has been waived for conference attendees.** Conferees may make reservations by calling the hotel directly at 404-766-7900. Special room rate for the conference is \$93 per day single or double plus applicable taxes. Please mention that you are attending the Nutrition and Aging Conference with your stay. To get the special group rate, you must make room reservations by May 31, 2005. After that, rooms may be available on a space-available basis.

Supporters
The Georgia Division of Aging Services; Procter & Gamble; The Coca Cola Company; AARP Georgia; University of Georgia; Georgia Osteoporosis Initiative; Georgia Commission on Women.