



Lifestyle is the Medicine: What is the Spoon?

Thursday,
April 23, 2015
8:30am - 3pm



Grassy Hill Lodge
77 Sodom Lane, Derby CT 06418
www.grassyhilllodge.com

Morning Keynote Speaker: **David Katz MD, MPH, FACPM, FACP**

Dr Katz will examine what the impact of diet and lifestyle **COULD BE** on the human condition if knowledge were power. Dr Katz will first examine what the impact of diet and lifestyle **COULD BE** on the human condition if knowledge were power. His talk will then consider the toll associated with our failure to use what we know. The talk will then look closely at the body of evidence relating dietary pattern to human health- and make the case that we are NOT clueless about the basic care and feeding of our species. Endless debate about the details of optimal diets, and an insatiable pop culture fascination with scapegoats and silver bullets- distract us from the well-known fundamentals of healthful eating, and forestall the stunning advances in public health that would ensue were we to turn what we know into what we do. The case will be made that lifestyle is the best, readily available medicine; and culture could be the spoon that helps it go down.

David Katz MD, MPH, FACPM, FACP "Recognized as one of America's top physicians in Preventive Medicine by the Consumers' Research Council of America, Dr. David Katz is one of the nation's foremost authorities on nutrition, weight control and the prevention of chronic disease. He provides expert guidance for lifelong weight control, health and contentment with food." www.davidkatzmd.com/publicspeaking.asp

Afternoon Program: The Treatment: Modeling Self Care

Based on the new 2014 *Foundations of Faith Community Nursing* curriculum, participants will develop a deeper intimacy and personal connection with God through care of one's own body, mind and spirit. Revitalize your spirit and refresh your ability to be wholly present with another while maintaining your own well-being. Earn 2 CEU's

Deborah Ringen MSN, RN-BC Faith Community Nurse is a Faith Community Nurse Educator, Adjunct Faculty at Azusa Pacific University and teaches the *Foundations of Faith Community Nursing* on-line as well as in classroom and retreat settings. Deborah has her Master's Degree in Parish Nursing/ Health Ministry and is Faith Community Nurse for the Visiting Nurses of the Lower Valley in Centerbrook, CT.

Rayna Salemme MA, BSN, RN earned her Master's degree in Integrative Health and Healing and developed a self-care program called "Revitalize" to encourage caregivers, reduce compassion fatigue and relieve stress. Rayna is Nursing Program Assistant Director for the LPN Program at Lincoln Tech and Parish Nurse Coordinator for St. Margaret Mary Church in Shelton, CT

Registration Form

Name: _____

Address: _____

City/State: _____ Zip: _____

Phone: _____

Church Affiliation/School: _____

\$50 per person, \$30 for Students,
\$60 if received after April 15, 2015
(Includes lunch)

RSVP by: April 15, 2015

No refunds. Substitutions accepted.

**Make checks payable to CCPNC and mail with this registration form to:
St. Vincent's Parish Nurse Office 2800 Main Street, Bridgeport, CT 06606
Questions: 203-576-5558.**

The Connecticut Council of Parish Nurse Coordinators is a non-profit network of Parish Nurse Coordinators committed to the promotion and development of Health Ministry in and throughout the State of CT.