



Michigan Dietetic Association 2010 ANNUAL CONFERENCE



Shaping a Healthier Future for Michigan

Title Sponsor:



**Thursday and Friday – April 29 & 30, 2010
Doubletree Hotel Riverfront – Bay City, Michigan**

FREE 2011 CONFERENCE REGISTRATION



By registering and attending this year's conference for both days, your name will be entered into a drawing to receive a free registration for the 2011 MDA annual conference! Winner's name will be drawn on Friday April 30, 2010.

Winner must be present to win!

MDA is pleased to acknowledge the following 50 year Members

Carmen R. Bongiovanni
Louise M. Genovese
Anna Marie Schaefer
Dr. M. Rosita Schiller

SPECIAL THANKS TO SPONSORS AND EXHIBITORS:

At the time of publication, the following sponsors have generously committed to the 2010 MDA Annual Conference.

Title Sponsor: Dairy Council of Michigan/United Dairy Industry of Michigan

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Rachel Schemmel Endowed Lecture in Clinical Nutrition

In Gratitude: MDA extends its sincere appreciation to Morrison Management Specialists for graciously providing the conference registration bags.

Exhibitors: Abbott Nutrition Adult & Pediatric
ADA Valley Meats
Amylin Pharmaceuticals, Inc.
Cargill
Central Michigan University
Dairy Council of Michigan/United Dairy Industry of Michigan
Eli Lilly & Company
Full Flavor Foods, LLC
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Herbruck Poultry Ranch, Inc./Eggland's Best Eggs
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TOPS (Take Off Pounds Sensibly)

Please note:

Photos taken at the 2010 MDA Conference may be used for promotion by the MDA for future programs. If you do not want photography used that includes your image, please submit a request in writing to the Michigan Dietetic Association.

Conference Schedule

Wednesday April 28, 2010

6:00 pm – 8:00 pm

Board of Directors Meeting

Thursday April 29, 2010

7:30 am

Registration opens

7:30 am – 9:00 am

Continental Breakfast

Sponsored by: *United Dairy Industry of Michigan*

9:00 am – 10:00 am

Why We Eat More than We Think We Do

Keynote Speaker: James Painter, PhD, RD

Do you really know how much you're eating? Dr. Painter shares his "reality check" research and discusses environmental factors that may lead to over-consumption as well as techniques to help people track consumption and manage weight.

Dr. Painter is the Chair of the School of Family and Consumer Science at Eastern Illinois University. He has authored more than 100 peer-reviewed publications and produced the video Portion Size Me. His current studies focus on food psychology and mindless eating.

CPE Level: 2 CPE Credit: 1.0 LNC: 2000, 3000, 4000

10:00 am – 11:30 am

General Session: The Blame Game: Foodborne Illness

Speaker: Keith Belk, PhD

E. Coli, Salmonella, Listeria, Clostridia, Yersinia – foodborne illness outbreaks are making the headlines every day. Dr. Belk explores what the beef industry is doing to keep our food safe and discusses pathogens associated with beef as well as the complexity of food safety management in food production, particularly in relation to what is reported in the media.

Dr. Belk is a professor with the Center for Meat Safety and Quality at Colorado State University where he conducts issues-oriented research addressing meat quality and safety, international marketing, and quality/safety management. He is currently President of the American Meat Science Association.

CPE Level: 2 CPE Credit: 1.5 LNC: 2000, 3000, 8000, 9000

Sponsored by: *Michigan Beef Industry Commission*

11:30 am – 11:45 am

Break

Sponsored in part by: *Gordon Food Service*

11:45 am – 12:45 pm

General Session: Modern Day Vegetarianism: The Pro-Plant Movement

Speaker: Dawn Jackson Blatner, RD, LDN

Helping clients move to a vegetarian eating style is Dawn's specialty. She provides an insightful explanation of the American Dietetic Association's official position on vegetarian diets and explores the health, environmental and economic advantages of a plant-based diet.

Dawn Jackson Blatner is a registered dietitian in Chicago, Illinois. As a national media spokesperson for the American Dietetic Association, Dawn has over 1,000 media impressions in outlets such as The Dr. Oz Show, USA Today, Dateline and Newsweek. She is the author of The Flexitarian Diet (McGraw Hill, 2009).

CPE Level: 2 CPE Credit: 1.0 LNC: 2000, 4000, 4110, 8000

Sponsored by: *SOYJOY®*

12:45 pm – 1:45 pm

Lunch and honoring MDA 50 year members

Sponsored in part by: *Meijer*

1:45 pm – 2:45 pm

(A) Making Research Consumer Friendly/EAL Library

Speaker: Esther Myers, PhD, RD, FADA

Dr. Myers initiated and developed the Evidence Analysis Library (EAL) at the ADA. Dr. Myers will provide an overview of the EAL, identify steps in conducting systematic reviews, and review the applications of EAL resources for daily practice.

Dr. Myers is the Chief Scientific Officer at the ADA, as well as a national and international leader in the field of nutrition and dietetics.

CPE Level: 2 CPE Credit: 1.0 LNC: 6000, 9000, 9010, 9020

1:45 pm – 2:45 pm

(B) How to Bag Better Nutrition: Using Nutrition Scoring Systems at Retail

Speakers: Shari Steinbach, MS, RD and Tina Miller, MS, RD

Although many people try to eat better, they are often confused about which foods to choose. At this session you'll learn about several nutrition scoring systems that are being implemented at grocery stores and on packages in an effort to make nutrition easy for time-pressed shoppers. But a score does not put a meal on the table. Shari and Tina will also demonstrate ways that dietitians can show consumers how to put healthier ingredients into easy, affordable meals.

Shari Steinbach is the Healthy Living Manager for Meijer in west Michigan. Tina Miller is the Healthy Living Advisor for Meijer in east Michigan and northern Ohio. Together, they have over 30 years of experience in the supermarket industry.

CPE Level: 2 CPE Credit: 1.00 LNC: 2020, 4000, 8090, 8100

Conference Schedule

1:45 pm – 2:45 pm

(C) Feast or Famine: Critical Thinking as a Catalyst for Sustainability

Speaker: Melinda Hemmelgarn, MS, RD, LD

Become an investigative nutritionist like Melinda. Her motivating presentation addresses the media's influence on consumers, the agricultural landscape and sustainability.

Melinda, a.k.a the "Food Sleuth," is a registered dietitian and award-winning journalist. Through newspaper columns, magazine articles, radio and television shows she inspires consumers to think beyond their plates to understand how daily food choices affect personal health and our global environment.

CPE Level: 1 CPE Credit: 1.00 LNC: 1070, 4000, 8018

Sponsored in part by: Organic Valley Family of Farms

2:45 pm – 3:00 pm

Break

3:00 pm – 4:30 pm

(D) Continuous Glucose Monitoring (CGM): The Future in Diabetes Standard of Care

Speaker: Laura Ritter, MS, RD

Are you wondering if your diabetic clients are ideal candidates for (CGM)? Laura provides a deeper understanding of the role of CGM, assessment criteria and measurement of successful treatment outcomes.

Laura Ritter is a registered dietitian and clinical consultant for Medtronic Diabetes. Her primary role is to train patients and health care professionals on the use of the Medtronic Insulin Pump and Continuous Glucose Monitor.

CPE Level: 2 CPE Credit: 1.50 LNC: 4000, 5190, 6000

3:00 pm – 4:30 pm

(E) Autism Spectrum Disorders and Dietetics: Professional Competencies

Speaker: Elizabeth Strickland, MS, RD, LD

In the past few years, there has been a deluge of nutrition therapies prescribed for children with autistic spectrum disorders. During this session, Elizabeth will describe the most common nutrition-related problems affecting children with ADD/ADHD, Autism, and Asperger's and will identify areas of competencies to enhance the RD's ability to provide appropriate nutrition therapy for these children. You will leave the session understanding how you fit into an interdisciplinary team to treat an autistic child's feeding problems.

Elizabeth Strickland is a registered dietitian with over 25 years experience providing nutrition therapy to children with disabilities. She is also the author of the book Eating For Autism. The 10-Step Nutrition Plan to Help Treat Your Child's Autism, Asperger's, or ADHD which was released in April 2009.

CPE Level: 2 CPE Credit: 1.50 LNC: 5070, 5180, 5420

3:00 pm – 4:30 pm

(F) From Setback to Comeback: How to Improve Your Health

Speaker: James Lichon, RPh, DDS, CLM

Passionate about helping others live healthier lives, Dr. Lichon provides a unique perspective on fighting heart disease. Dr. Lichon, who is a heart attack and open heart surgery survivor, will discuss plaque anatomy and how it relates to coronary heart disease, peripheral vascular disease and stroke. The roles of drug therapy, nutrition and exercise on cardiovascular disease are also highlighted.

Dr. Lichon is a licensed pharmacist and dentist and has a national certification in lipid management. He initiated a lipid clinic at the VA Hospital in Saginaw, Michigan and has worked with primary care providers in the management of cholesterol and patient compliance.

CPE Level: 2 CPE Credit: 1.50 LNC: 4040, 5160

Sponsored by: Michigan Soybean Promotion Committee and Nordic Naturals

4:30 pm - 5:30 pm

Poster Sessions

CPE Level: 1 CPE Credit: 1.0

Networking and Cash Bar

5:30 pm - 7:30 pm

Dinner for attendees, MDAI scholarship recipients and MDA awards

Sponsored by: Sodexo Services - Health Care Division

7:45 pm – 9:45 pm

(G) Film Festival: Using Food and Film for Thought and Action

Speaker: Melinda Hemmelgarn, MS, RD, LD

Why use film in nutrition education? Well, who doesn't enjoy a good movie? A film screening turns education into an event. Melinda addresses the potential of film in food and nutrition education and discusses various approaches to visual education.

CPE Level: 2 CPE Credit: 2.0 LNC: 1070, 1090, 4000, 6000, 8018

Sponsored in part by: HEN: Hunger and Environmental Nutrition Dietetic Practice Group of ADA

Friday April 30, 2010

7:00 am

Registration opens; Breakfast opens

7:30 am – 8:00 am

Breakfast and Annual Membership Meeting

Tonia Reinhard, MS, RD

President, MDA 2009 - 2010

Breakfast sponsored by: Herbruck Poultry Ranch, Inc., Eggland's Best Eggs

9:00 am – 2:30 pm

Silent Auction

Conference Schedule

8:00 am – 9:00 am

State and Federal Health Care Reform: What Role will Michigan Play in Fixing the Broken Health Care System?

Speakers: *Representatives, Marc Corriveau and Timothy Moore*
Learn the latest in legislation. How will it affect the constituent? Get the bipartisan opinion about what is new in the State Health Policy Committee in Lansing and an update on how things are going at the Capitol.

CPE Level: 1 CPE Credit: 1.0 LNC: 1000, 1080

9:00 am – 10:00 am

Healthcare Equity: Unnatural Causes – Natural Solutions

Keynote Speaker: *Kimberlydawn Wisdom, MD, MS*

Designed to enhance understanding of why healthcare disparities exist, Dr. Wisdom addresses food challenges in communities of color and raises awareness of state and local solutions to address access to food.

Dr. Wisdom is Vice President of Community Health, Education and Wellness at Henry Ford Health System. She is an Assistant Professor of Medical Education at the University of Michigan Medical Center and was appointed Michigan's and the nation's first state-level Surgeon General.

CPE Level: 2 CPE Credit: 1.0 LNC: 1040, 4000, 4010, 4020

9:30 am – 12:30 pm

Meet with the Exhibitors

CPE Level: 1 CPE Credit: 1.0

10:00 am

Enjoy refreshments while continuing to meet with the exhibitors

Sponsored by: *United Dairy Industry of Michigan*

11:30 am – 12:15 pm

Bagged Lunch

Sponsored by: *Kellogg's*

12:15 pm – 1:15 pm

(H) Improving Outcomes in Multiple Births

Speaker: *Barbara Luke, RD, ScD, MPH*

Learn how to optimize weight gain in pregnancy with multiples and about nutritional supplements that are effective in reducing pregnancy complications. Dr. Luke explores the skewed birth weight and gestational age distributions of multiples and their relation to neonatal and early childhood morbidity and mortality.

Dr. Luke is an expert in the area of maternal nutrition and multiple births. Her research was the basis for the Institute of Medicine's 2009 Weight Gain Recommendations for Women Pregnant with Twins. She is active at the national level in nutrition and epidemiologic societies and is currently a professor in the College of Human Medicine at Michigan State University.

CPE Level: 2 CPE Credit: 1.0 LNC: 4130, 4150, 4180, 5310

Sponsored in part by: *Rachel Schemmel Endowed Lecture in Clinical Nutrition*

12:15 pm – 1:15 pm

(I) Where's the Wheat? Reaching and Teaching Clients the Gluten Free Diet

Speaker: *Marge Pestka, MS, RD*

This session offers an excellent opportunity to gain confidence in addressing those ever increasing client questions regarding gluten free foods. Marge Pestka identifies common food and nonfood sources of gluten as well as specific nutrients that may be lacking in those with celiac disease.

Marge is currently the coordinator of outpatient services at Sparrow Hospital in Lansing, Michigan. She completed her master's degree at the University of Wisconsin - Madison, where she studied human mineral metabolism.

CPE Level: 1 CPE Credit: 1.0 LNC: 2020, 5090, 5120, 5220

12:15 pm – 1:15 pm

(J) Career Guidance, Interview Tips and Resume Pointers

Speaker: *Laura Perrett, MS, RD*

Not sure where to begin with writing your resume? Do you need a refresher on the how-to's? Nervous about interviewing? This presentation will provide an overview of resume writing and interviewing tips for those new to the profession.

Laura Perrett is a national recruiter with Morrison Management Specialists. She has served in several leadership roles with MDAI and ADA. Laura has dedicated the last seven years to assisting RDs with finding that perfect new job adventure.

CPE Level: 2 CPE Credit: 1.0 LNC: 1000, 1010, 7000

1:15 pm – 2:45 pm

(K) Enhancing Motivation for Behavior Change: Use of Motivational Interviewing

Speaker: *Kathryn Brogan, PhD, RD*

Ever feel like your patients will never change their behaviors? Dr. Brogan discusses the use of Motivational Interviewing (MI) in common health concerns, such as obesity. This interactive session is aimed at understanding the theory of MI, and introducing and practicing basic MI skills.

Dr. Brogan is an assistant professor in the Department of Pediatrics, Wayne State University School of Medicine. Her research focuses on pediatric/adolescent obesity and the social-ecological theory. She is a member of the Motivational Interviewing Network of Trainers (MINT) and enjoys training a variety of health care professionals.

CPE Level: 1 CPE Credit: 1.5 LNC: 6000, 6010, 6030, 6040

1:15 pm – 2:45 pm

(L) An Update on Vitamin D

Speaker: *Raymond D. Hobbs, MD, FACP*

Research continues to accumulate regarding vitamin D's role in disease prevention. Dr. Hobbs' presentation covers vitamin D basics, an overview of the research to date, and a discussion of the state of vitamin D deficiency in Michigan.

Dr. Hobbs is a senior staff physician at Henry Ford Hospital in Detroit and a Board Certified specialist in internal, geriatric and palliative medicine. Dr. Hobbs' research on vitamin D deficiency in Arabic women living in southeast Michigan was recently published in the journal Endocrine Practice.

CPE Level: 2 CPE Credit: 1.50 LNC: 2000, 2090, 4000, 4030

Sponsored by: *United Dairy Industry of Michigan*

Conference Schedule

1:15 pm – 2:45 pm

(M) Hospital Foodservice Transformed: Creating Healthy Menus in a Sustainable Foodsystem

Speakers: Christa Betts, MA, RD and Frank Turner, Executive Chef
As interest in food sustainability explodes, Christa and Frank share their experiences promoting farm to table food distribution systems within the hospital food service setting. See how these innovative healthcare professionals achieve maximum nutritional impact while improving patient satisfaction.

Christa Betts is a registered dietitian at Sparrow Hospital in Lansing, Michigan, working in fresh, made-to-order meals. Frank Turner is the Executive Chef at Henry Ford West Bloomfield Hospital in West Bloomfield, Michigan, overseeing patient food service and Henry's, the hospital's destination cafe that serves employees, patients, their families and the surrounding community.

CPE Level: 2 CPE Credit: 1.50 LNC: 8018, 8050, 8090, 8100

2:45 pm – 3:00 pm

Break

3:00 pm – 4:00 pm

General Session: Nutrition Communications 2.0: Making Social Media Work

Speaker: Rebecca Scritchfield, MA, RD, LD, ACSM, HFS
Catapult your career to a new dimension! Social media is crucial to information-sharing, networking and promoting the RD's services. This engaging and enlightening session explores the significance of social networking, its relevance to RDs, and how to use the most popular web 2.0 tools.

Rebecca Scritchfield is a leading nutrition and exercise expert for the metro Washington DC area. She counsels athletes in her private practice, is an adjunct professor at American University, and is the nutrition columnist for Washington Running Report, Competitor Magazine and Tri DC. She's also a web 2.0 guru with presence on Facebook, Twitter, LinkedIn, and her own highly-ranked blog, *Balanced Health and Nutrition*.

CPE Level: 1 CPE Credit: 1.00 LNC: 1140, 7120

Sponsored by: United Dairy Industry of Michigan

4:00 pm

Evaluations and CPE Certificates

Conference Information

Directions

Doubletree Hotel
One Wenonah Park Place
Bay City, Michigan 48708
(989) 891-6000

From interstate I-75, take exit 162A going east (M-25) for 2 miles. Hotel is just over the bridge on the left along the Saginaw River. After crossing the bridge, turn left at the first light which is Saginaw Street. Drive two blocks, turn left on 6th street. Entry is straight ahead.

Or, from the heart of downtown Bay City the Doubletree hotel is between 6th and 7th streets on the East bank of the Saginaw River.

Hotel Room Reservations

A block of rooms is reserved for the conference at the Doubletree Hotel. Room rates are \$95 plus tax per night for a single or double occupancy. Reserve your room by calling the hotel at (989) 891-6000. The special rate is available until **April 1, 2010**.

Hotel Amenities: Fitness center, complimentary internet access and business center, refrigerator in each guest room. For additional amenities, visit: www.baycityriverfront.doubletree.com

Nearby Attractions: The Doubletree Hotel is located in the heart of downtown Bay City on the banks of the Saginaw River and within walking distance to over 100 unique specialty shops, antique stores, restaurants and pubs.

Continuing Professional Educational Hours (CPEs) have been approved for Registered Dietetic Professionals as follows:

Thursday's Conference Sessions – 8 CPEs

Poster Sessions – 1 CPE

Friday's Conference Sessions – 5.5 CPEs

Exhibits – 1 CPE

Conference Planning Committee

Conference Co-Chairs:	Bethany Thayer, MS, RD Kelly Fontes, MS, RD
Speaker Planning Committee:	Tricia Austin, Student Karen Giles-Smith, MS, RD Ann Jay, MS, RD Tina Miller, MS, RD Christel Milliken, RD Mary Angela Niester, RD, MPH Tonia Reinhard, MS, RD Najat Yehia, PhD Darlene Zimmerman, MS, RD Kathryn Brogan, PhD, RD Heather Stanley-Sutton, MA, RD, CDE
Posters Session:	Kelly Fontes, MS, RD
Awards Chair:	Lynette Maxey, RD, CDE
MDAI Scholarship Awards:	Kelly Ramseyer, RD
Grant Writing:	Susanne Consiglio, RD
CPE Coordinator:	
Conference Coordinator:	

Board of Directors

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Nominating chair:	Cathy Lynn Francke, MS, RD, CDE
MDAI President:	Kelly Fontes, MS, RD

Conference Registration

Please print neatly for badge information:

Name: _____

Email: _____

ADA Member Number: _____

Credentials: _____

Area of practice: _____

Employer: _____

Daytime phone: _____

Evening phone: _____

Mailing address: _____

City: _____ State: _____ Zip: _____

How did you hear about this program:

Blast Email Brochure Colleague Link MDA Website

If you do not want your email address provided to exhibitors, please check here:

Conference Fees

	ADA Member	ADA Member and Dietetic Intern, Student or Retiree	Non-ADA Member
Thursday Only Conference	\$140	\$40	\$250
Friday Only Conference	\$140	\$40	\$250
Total Conference: Thur/Fri	\$205	\$75	\$370

Registrations *postmarked after April 1*: add \$50.00 to the total fee.

Cancellations/Refunds

Written cancellations postmarked by **April 14** will be refunded less \$55 processing fee. **No refunds after April 14.**

Special Events

The following meals are complimentary thanks to our sponsors.

Please indicate the meals you will attend for accurate food guarantee:

Thursday continental breakfast Friday breakfast
 Thursday lunch Friday lunch
 Thursday dinner

Please indicate your menu preference for the meals you will attend:

Your choice for Thursday Lunch:

Grilled Chicken Salad
 Tuna Salad on Bed of Bibb Lettuce
 Greek Salad with Garbanzo Beans

Your choice for Thursday Dinner:

Chicken Florentine
 Grilled Vegetables Served over Cous Cous
 Tilapia El Paso

Your choice for Friday Lunch:

Balsamic Portobello Wrap
 Ham Sandwich
 Turkey Sandwich

Breakout Sessions

Sessions will be assigned based on date registration is received. Please indicate your first choice with a checkmark for each group of breakout sessions.

THURSDAY BREAKOUT SESSIONS:

1:45 pm Session A Session B Session C
3:00 pm Session D Session E Session F
7:45 pm – 9:45 pm Session G

FRIDAY BREAKOUT SESSIONS:

12:15 pm Session H Session I Session J
1:15 pm Session K Session L Session M

If you are not an ADA Member you can join now:

Starting March 1, 2010 the discounted rate of \$216 will cover the remainder of this membership year plus next year through May 31, 2011.

For a list of all the benefits of joining ADA, including free CPE opportunities visit www.eatright.org. Click on "Join ADA" at the upper right corner of the home page. Click on member benefits too.

The promotion code is ATEN. Or, call ADA at 800/877-1600 ext. 5000.

Conference Fees and Payment Options

Please note all fees include a \$5.00 tax deductible donation to ADAF. If you do not wish to contribute subtract \$5.00 from your total.

Online Registration and Payment: Go to: www.eatrightmich.org and click on conference registration link.

Pay by check: Total conference fee due: \$ _____
Make check payable to: MDA

Visa or MasterCard:

Total conference fee due: \$ _____

Name: _____ Expiration date: _____

Card #: _____

3 digit V-code/security code on back of card: _____

Signature: _____

Additional checks you may write:

Each contribution must be written with a separate personal check:

MDA PAC MDA Institute ADA Foundation

Of special interest:

First time attendee Member less than 5 years
 ADA member since _____ 50 year member
 Past MDA President
 Annual conference committee
 I am a presenter for MDA 2010 conference

Mail your completed registration form and payment to:

MDA c/o Susanne Consiglio, RD, Executive Director
22811 Greater Mack, Suite 105, St. Clair Shores, MI 48080
or **Fax to: 586-778-3004** with credit card information.

All registrations will receive confirmation. If you have not received a phone call or email by **April 6**, please call the office to make sure your registration has arrived: 586-774-7447.



Michigan Dietetic Association
c/o Susanne Consiglio, RD
22811 Greater Mack, Suite 105
St. Clair Shores, MI 48080
www.eatrightmich.org
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