

Please plan to join the Bluegrass District Dietetic Association for a Workshop to Explore, Exchange and Engage.

**Saturday February 27, 2010**

8:30 – 9:00 a.m. Registration

9:00 a.m. - 12:30 p.m. Workshop

Continental Breakfast will be provided.

Objectives:

- ❖ Understand the major research findings that support the Physical Activity Guidelines for Americans.
- ❖ Understand the rationale and background for the development of the National Plan for Physical Activity.
- ❖ Discuss ways in which nutrigenomic research can address a variety of questions in animal and human nutrition, including how nutrients work on a cellular level and identification of biomarkers of diseases
- ❖ Describe the basic principles of the field of nutrigenomics.
- ❖ Identify specific foods that decrease risk of certain chronic diseases.
- ❖ Understand how herbal therapy can impact nutrition.

Registered Dietitians, Dietetic Students, Physicians, and Nursing Staff are all welcome.

***Schedule of Events:***

**8:30-9:00** Registration

**9:00 – 10:00**

**The 2008 Physical Activity Guidelines for Americans: *Let's All Be Healthy, Happy and Active!***

Janice Huy, MS, RD, LD

**10:00 – 11:00**

**Integrative Nutrition**

James Roach, MD

**11:00 – 11:30** Exhibits & Break

**11:30 – 12:30**

**Feeding the Genome: An Introduction to Nutrigenomics**

Kristen M. Brennan, PhD

**12:30** Wrap-Up and Evaluations

***VENDORS:***

Abbott Nutrition

Better Beef

Dinex

Flav-O-Rich Dairy

Food Service Resource

Gordon Food Service

Sanofi-Aventis

***Speakers:***

Janice Huy, MS, RD, LD  
Captain, US Public Health Service  
Chief Dietitian Officer (2005-2009)  
Office of the Surgeon General  
Washington DC

James Roach, MD  
Midway Center for Integrative  
Medicine  
Midway, KY

Kristen M. Brennan, PhD  
Post-doctoral Research Fellow  
Center for Animal Nutrigenomics &  
Applied Animal Nutrition  
Alltech  
Nicholasville, KY





## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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\$ 20 for BGDDA members  
\$ 10 for BGDDA students  
\$ 35 for non-BGDDA members

\$ \_\_\_\_\_ Amount enclosed for program

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Registration Deadline – **February 19th**

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Please mail this form with a check payable to BGDDA to the following address:

*Mary Wilson, PhD, RD, CSSD  
2884 Graig Ct  
Lexington, KY 40503*

## Cardinal Hill Rehabilitation Hospital

2050 Versailles Road •  
Lexington, KY 40504  
859.254.5701

### Directions to the Seminar:

<http://www.mapquest.com/maps?address=2050+Versailles+Rd&city=Lexington&state=KY&zipcode=40504-1405&country=US&cid=1fmaplink2>

The Seminar will be held on the ground floor of the Cardinal Hill Rehabilitation Hospital on Versailles Road.

Further information regarding this seminar can be obtained from the website:

[www.bluegrasseatright.org](http://www.bluegrasseatright.org)

Handouts will be available on the website under the Meetings & Events tab closer to the date.

The Bluegrass District  
Dietetic Association Presents:

## Explore, Exchange, Engage

Saturday  
February 27, 2010  
8:30a.m. ~ 12:30 p.m.

Cardinal Hill Rehabilitation  
Hospital

Lexington, KY

*4 CEU Total*