



Simple Cooking with Heart for the Holidays

Satellite Conference and Live Webcast

Thursday, December 1, 2011; 11:00 a.m.-12:30 p.m. (Central Time)
12:00-1:30 p.m. (Eastern) 10:00-11:30 a.m. (Mountain) 9:00-10:30 a.m. (Pacific)

'Tis the season for family, friends, and overeating! The end of the year is always prime time for putting on a few extra pounds thanks to all of those delicious holiday meals and desserts. But this year you can avoid those calories by trying a few "heart healthy" tricks with your recipes. Program faculty will discuss why healthy cooking alternatives are beneficial and demonstrate how to implement them into your holiday meals!



Faculty

Vanessa Boyd

Child Nutrition Manager
Highland Gardens Elementary School
Montgomery, Alabama

Miriam Gaines, MACT, RD, LD

Nutrition and Physical Activity Director
Alabama Department of Public Health

Elana Parker Merriweather, MEd, MLAP

Health Equity Programs Manager
Office of Women's Health
Office of Minority Health
Alabama Department of Public Health

Melanie Rightmyer, RN, MSN

Director
Cardiovascular Health Branch
Alabama Department of Public Health

Monique Wilson, MPH

Health Equity Regional Director
American Heart Association

Conference Details

Target Audience: Nurses, social workers, dietitians/nutritionists, educators and school staff, home health professionals

Continuing Education: Dietitians have been approved for 1 CPE by the American Dietetic Association

Registration: Available at www.adph.org/alphnt

Technical Information: To receive complete technical information you must register at www.adph.org/alphnt.

Satellite - Live satellite conference on C band (analog)

Webcast - Watch with RealPlayer or Windows Media Player. Test your computer with the "test connection link" at www.adph.org/alphnt

Audio - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #.
Press # again to listen to the conference.

On Demand - Available on our website two days after live broadcast.

Conference Materials: Available at www.adph.org/alphnt approximately one week before the program.

Conference Details Questions: Call: 334-206-5618 | Email: alphnt@adph.state.al.us

Program Objectives

1. Explain how the National Partnership for Action Plan promotes partnerships to prevent heart disease in Alabama minority populations.
2. Describe the Dietary Approaches to Stop Hypertension (DASH) model.
3. List options and alternative methods for seasoning food.
4. Inspire viewers to visit the American Heart Association Simple Cooking website to learn heart healthy cooking skills.
5. Provide an overview of the upcoming 2012 Scale Back Alabama campaign.

Previous Health Disparities Programs

Available On Demand: www.adph.org/alphnt