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# **Back to Basics and Up to Speed Nutrition**

A One-day Nutrition Workshop with a Maternal/Child  
and WIC Focus

by

**Cathy Breedon, PhD, RD, CSP, FADA**

July 26—Houston

July 27—McAllen

July 28—Austin

July 29—El Paso

July 30—San Antonio

August 2—Amarillo

August 3—Lubbock

August 4—Odessa

August 5—Abilene

August 6—Houston

**Registration Fee: \$89—TALWD Member Agencies**

**\$139—Non-TALWD members**

Registration fee includes light box lunch

Note: There will be a \$50 processing fee for any cancellation requests received prior to July 15. No cancellations will be accepted after July 15, however you may send an alternate attendee as long as the change in name has been received 5 days prior to the seminar.

## **July 26—Houston Seating capacity is 200**

City of Houston WIC Training Center

5198 Aldine Mail Route (at intersection of Hwy 59N and Aldine Mail Route)

Houston, TX 77039-3802

## **July 27—McAllen Seating capacity is 125**

Cooper Center Building L Conference Room North & South

South Texas College

3201 West Pecan

McAllen, TX 78501

## **July 28—Austin Seating capacity is 50**

City of Austin Learning Resource Center

2800 Spirit of Texas Drive

Austin, TX 78719

## **July 29—El Paso Seating capacity is 75**

Mission Valley Regional Command Center

9011 Escobar

El Paso, TX 79907-1802

## **July 30—San Antonio Seating capacity is 100**

Buena Vista WIC Clinic

2315 Buena Vista

San Antonio, TX 78207

## **August 2—Amarillo Seating capacity is 60**

North Branch WIC Clinic

1500 NE 24<sup>th</sup> Street

Amarillo, TX 79107

## **August 3—Lubbock**

Lubbock Power & Light (Meeting room is on the 2<sup>nd</sup> floor)

1301 Broadway

Lubbock, TX 79401

## **August 4—Odessa**

Texas Tech University Health Sciences Center @the Permian Basin

Administrative Building Auditorium

800 W. 4<sup>th</sup> Street

Odessa, TX 79763

## **August 5—Abilene**

City of Abilene Law Enforcement Center

450 Pecan Street

Abilene, TX 79602

## **August 6—Houston Seating capacity is 200**

East Harris County Activity Center

7340 Spencer Hwy

Several nutrients have been shown to be commonly inadequate in the diets of many Americans but the inadequacy is often unrecognized. These nutrients are vitamins D, K, and B12; magnesium and iodine; and other categories of nutrition-related substances such as long-chain omega-3 fats (EPA and DHA); antioxidant phytochemical pigments (e.g. lycopene, lutein and others); and conditionally essential nutrients (carnitine, choline, and alpha-lipoic acid).

The discussion will include significant changes in our understanding of these nutrients related to: geographic and social factors that affect adequacy; the application of recent research findings to the life stages of pregnancy, breastfeeding, general infant nutrition, and formula nutrition; the common health problems that require nutrition adjustments; drug/nutrient interactions of concern; and identifying simple, safe, and inexpensive interventions to improve our current nutritional status.

Dr. Cathy Breedon is a clinical and Metabolic Nutrition Specialist working at MeritCare Medical Center in Fargo North Dakota as well as a professor in the University of North Dakota School of Medicine Department of Pediatrics. Dr. Breedon is a talented speaker that is able to take the most complex nutritional science and present it in everyday language using many simple and occasionally amusing descriptions that enables the person with limited nutrition knowledge to comprehend and apply the information presented to their personal situation as well as the trained health professional obtaining new and exciting information that they will be able to implement in their practice.

For more information on Dr. Breedon and her work, you are invited to go to [www.meritcare.com/healtheducation/speakers/cathy\\_breedon](http://www.meritcare.com/healtheducation/speakers/cathy_breedon) and click on handouts from workshops.

## Seminar Agenda

7:30-8:00—Registration

8:00-8:15—Welcome and Announcements

8:15-10:00—Infant Nutrition—What's new with breastfeeding and infant formulas.

10:00-10:15—Break

10:15-12:00—Child Nutrition—Recent research about obesity, type II diabetes and nutrient intake.

12:00-12:45—Lunch

12:45-2:00—Maternal Nutrition—New findings on maternal intake of certain vitamins and minerals and the effect on the fetus.

2:00-2:15—Break

2:15-4:00—Major Health Concerns and Nutrition—the latest findings about nutrition and Cancer, Diabetes, Heart Disease.

4:00-4:15—Evaluation

4:15-4:30—Closing Remarks

4:30—Adjourn

