

REGISTRATION ...

To register online, please go to [www.ParishHealthMinistry.com](http://www.ParishHealthMinistry.com). You may also register by detaching this form and mailing it with payment to the following address:

ERH Parish Health Ministry  
c/o Ellen Schneider

4061 Blacklick Eastern Rd. NW  
Baltimore, Ohio 43105

Please make checks payable to ERH Parish Health Ministry.

Saturday, August 7th, 2010:

*Includes continental breakfast & conference materials*

Registration without contact hours  
\$10

Registration with contact hours  
\$15

I can't attend, but please accept my tax deductible gift for ERH Parish Health Ministry in the amount of \$ \_\_\_\_\_.

(Please print)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

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

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

Church: \_\_\_\_\_

# Living Well into the Future 2010

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Diabetes - An Epidemic  
Tools for Reducing the  
Risk

Saturday, August 7, 2010

St. John's Episcopal Church  
700 High Street  
Worthington, Ohio

8:30 a.m. - 9:00 a.m.  
Registration  
Continental Breakfast

9:00 a.m. - 12:15 p.m.  
Conference

## ABOUT THE CONFERENCE ...

Diabetes is reaching epidemic proportions in the United States and is the seventh leading cause of death. Our keynote speaker will present an overview of diabetes and pre-diabetes. Insight to ways to decrease the risk of developing diabetes, as well as ways to control its' damaging side effects.

## WHO SHOULD ATTEND ...

Each one of us is affected directly or indirectly by this epidemic. Anyone who is interested in learning more about diabetes and how lifestyle changes and proper self management can reduce the risks of this disease should attend this conference.

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*"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."*

*1 John 2*

## KEYNOTE SPEAKER ...

Armanda Brunicardi, RD, LD, CDE has been a Clinical Dietician for sixteen years. She is a Certified Diabetes Educator and a consultant for Nipro Diabetes Products. She is employed by Meadowview Regional Medical Center in Maysville, KY as a Clinical Dietician and a Diabetes Education Coordinator. She is currently responsible for all inpatient and outpatient nutritional assessments and counseling, as well as the development and implementation of all clinical policies and procedures. Her responsibilities also include development of the diabetes education program.

## COOKING DEMONSTRATION ...

Following the keynote speaker, there will be a healthy cooking demonstration by Carrie Rasmussen of Whole Foods Market. She will show how plant-based nutrition helps to fight disease.

## SCREENINGS ...

Diabetic screening as well as blood pressure screening will be available for all who attend.

## CONTACT HOURS ...

Nursing contact hours: 1.6  
This offering has been approved by the Ohio Board of Nursing through the OBN Approver Unit at Upper Valley Medical Center OBN-005-92.

## TUITION ASSISTANCE ...

Tuition assistance is available to Episcopal Retirement Homes' Parish Health Ministry partnering churches of all denominations and all Episcopal Church members through the Parish Health Ministry Commission of the Diocese of Southern Ohio. For more information, contact Rhonda Johnson 937.746.3562.

## SPONSOR ...

This workshop is sponsored by Episcopal Retirement Homes' (ERH) Parish Health Ministry.

## THANK YOU ...

A special thank you to Nipro Diabetes and Whole Foods Market for their participation and support.