

Please Join Us!

2008 PHYSICAL ACTIVITY & NUTRITION FORUM

"Physical Activity and Nutrition: A Prescription for Good Health"

Thursday, June 19, 2008

8:30 AM – 4:00 PM

MILLS COLLEGE • 5000 MACARTHUR BLVD OAKLAND, CA 94613

-Presented by-

**The Network for a Healthy California-Bay Area Region and
The American Cancer Society**

This free, day-long forum brings together public health, education and fitness professionals with physicians, nurse practitioners and other clinicians to discuss effective programs that blend physical activity promotion with nutrition education, prevention and early detection strategies for Food Stamp Eligible families.

Morning Keynote

"Exercise Is Medicine"

Robert Sallis, M.D., FACSM, President, American College of Sports Medicine

Morning Panel

"The Importance of Cultural Competence in Addressing Physical Activity, Nutrition and Chronic Disease Prevention in Underserved Communities"

Antronette Yancey, MD • Patricia Matthews-Juarez, PhD • Dexter Louie, MD • Chris Searles, MD

Afternoon Intensives

Topics of the two-tract agenda include:

- ▶ Free and low-cost nutrition and physical activity resources you can't miss
- ▶ Your turn to learn physical activity demonstrations for all populations
- ▶ Developing the next generation of physical activity, nutrition and health advocates

and...

- ▶ New Colorectal Cancer Screening Guidelines
- ▶ The Role of Cultural Competence in Increasing CRC Screening Rates
- ▶ Innovative Ideas and Resources for Colorectal Cancer Screening

Experience Sight-impaired ballroom dancing with Connecting Through Dance and wheelchair basketball with the The Golden State Road Warriors.

CEUs and CMEs requested for clinical professionals. Certificates of Participation provided to other public health professionals.

For more information, please contact Carmen Bogan at paforum08@pacbell.net • (510) 482-8827 ext. 2



Funded in part by the USDA's Food Stamp Program, an equal opportunity provider and employer. For information on obesity prevention or food stamps call 1-888-328-3483. The Santa Clara County Public Health Department is the lead agency for the Network for a Healthy California – Bay Area Region.



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