



Spring Symposium

THE RD TOOLKIT

“Strengthening Connections With Patients And Empowering Yourself As A Professional”

Thursday, March 11th 2010 from 1:00 pm - 8:30 pm at Belmont Center for Comprehensive Treatment, Silverman Auditorium

In recognition of National Nutrition Month and Registered Dietitian Day, the PDA invites you to an informative professional development program and dinner event focused on expanding and strengthening the dietetic profession. Come learn tools that EVERY dietitian needs in their “RD Toolkit” to encourage both professional and personal growth. Our speaker panel of nationally and locally recognized experts includes:

Althea Zanecosky MS, RD, LDN: Communications Specialist and Media Spokesperson for Mid-Atlantic Dairy Association. Understand the key elements to include in an introduction, or “elevator pitch” to potential collaborators or clients and its value to career growth.

Dr. Michael Baime, MD: Director of the Penn Program for Mindfulness. Discover ways to hinder professional burnout using a mindful approach to stress management.

Dr. Susan Gordon, PhD: Clinical Manager, Mood & Eating Disorders Unit at the Belmont Center for Comprehensive Health. When conducting a nutrition assessment, recognize language and behaviors to identify disordered eating, and learn the indications for a higher level of care to treat the disorder.

Molly Kellogg, RD, LCSW: Psychotherapist, Nutritionist and Life Coach. Given a limited amount of time in educating or counseling a client, learn how to identify a targeted message and to set appropriate goals and expectations for the encounter. Strategies can be applied to both the inpatient and outpatient setting.

Lisa Jones, MA, RD, LDN: Nutrition Communications Consultant, Media Representative for PADA, PR chair for PDA, and Adjunct Professor at LaSalle University. Learn the principles of a well constructed media sound-byte for use working with the media and public outreach.

To complete the evening, enjoy a delicious dinner prepared by the chefs of Aramark.

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| <u>Program:</u> | Registration and Networking | 1 - 2pm |
| | Althea Zanecosky, MS, RD, LDN | 2 - 3pm |
| | Dr. Michael Baime, MD | 3 - 4 pm |
| | Dr. Susan Gordon, PhD | 4 - 5pm |
| | Dinner and Scholarship Awards | 5 - 6pm |
| | Molly Kellogg, RD, LCSW | 6 - 7pm |
| | Lisa Jones, MA, RD, LDN | 7 - 8pm |
| | Evaluations and Wrap-up | 8 - 8:30pm |

****5 credit-hours requested from Commission on Dietetic Registration****

Online Registration: www.eatrightphiladelphia.org payments made via PayPal

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Belmont Center, 4200 Monument Rd., Philadelphia, PA 19131, **Free** on-site parking

Registration Fee: ___\$45 PDA Member ___\$35 PDA Student Member ___\$55 Non-Member

Name: _____ Address: _____
Phone: _____ Email: _____

To register by mail, send this form and check to: **Cathy D’Orazio, 300 Highland Lane, Bryn Mawr, PA 19010**

Checks payable to **Philadelphia Dietetic Association**, Paper registrations confirmed via email.

Questions? Contact: Nicole Patience, MS, RD, LDN, CDE, npatience@temple.edu

Directions to Belmont Center for Comprehensive Treatment:

****Please park in the designated area and follow signs to the Silverman Auditorium****

Belmont Center for Comprehensive Treatment
4200 Monument Road
Philadelphia, PA 19131

From Center City, South Philadelphia, Airport, Amtrak Station

Take I-76 West to City Avenue (exit is on the left side of the highway). Make a right at the end of the exit ramp. Proceed to the second light, staying in either of the left-hand turn lanes for Monument Road (Channels 6 and 10 are on this corner). Turn left onto Monument and go through the second light (Ford Road). Belmont is on the left.

From North, Northeast Philadelphia, Bucks County, Trenton, and Princeton

Take US 1 (Roosevelt Boulevard) South to I-76 West (toward Valley Forge). Get into left lane and take the first exit, City Avenue. Make a right at the end of the exit ramp. Proceed to the second light, staying in either of the left-hand turn lanes for Monument Road (Channels 6 and 10 are on this corner). Turn left onto Monument and go through the second light (Ford Road). Belmont is on the left.

From Delaware County, Eastern Main Line

Take US 1 (City Avenue) North to Belmont Avenue (Mobil station is on corner) and turn right. At first light, turn left onto Ford Road. Proceed to the next light and turn right onto Monument Road. Belmont is on the left.

From King of Prussia and Valley Forge Area

Take I-76 East to City Avenue exit. Make a right at the end of the exit ramp. Proceed to the second light, staying in either of the left-hand turn lanes for Monument Road (Channels 6 and 10 are on this corner). Turn left onto Monument and go through the second light (Ford Road). Belmont is on the left.