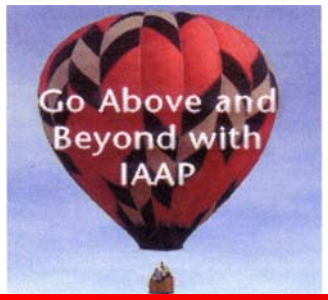
May Program

International Association of Administrative Professionals®
Columbus Chapter
8 East Long Street, Room 428
Columbus OH 43215
www.iaap-cols.com



Portion Distortion - Eating Right for Life

We all eat on the run these days, but what can we do to improve our eating habits even when it's on the run? Heather McCormick will teach us the importance of a high fiber diet, how to identify the difference between a serving and a portion, and the importance of balancing calorie intake with calorie expenditure. Heather will also talk to us about why it's important to make physical activity a regular part of our day and what steps we can take to achieve a desirable body weight.

Heather McCormick MS, RD, LD, CDE is a registered dietitians that provides Medical Nutrition Therapy (MNT) for conditions such as diabetes, end stage renal disease (ESRD), heart disease, and she also provides education and counseling on nutrition. Heather is certified in adult weight management.

Meeting Registration
May 20, 2009

NETWORKING: 5:30 p.m. **MEETING:** 6:00 p.m. **PROGRAM:** 6:15 p.m.

LOCATION: **LifeCare Alliance**
670 Harmon Ave, Columbus, OH 43222
Phone: 614/324-5930

MENU: Mixed Green Salad with assorted dressings, Mango Guava Chicken Breast, Roasted Rosemary Potatoes, Honey Glazed Carrots and Dinner Rolls. Strawberry Shortcake served with Coffee, Tea, Sodas and/or Water.

☐Check here if you would like a vegetarian meal.

DINNER/MEETING COST: $22.00 Chapter Member $26.00 Member at Large/Non-Member
MEETING COST ONLY: $ 5.00 Chapter Member $15.00 Member at Large/Non-Member

MAIL TO: Joanne Eitel CPS/CAP
9050 Water St.
Orient, OH 43146
(w) 614.445.2830 (c) 614.309.8687
(f) 614.542.6182
E-mail: EitelJ@Grangeinsurance.com

Please check all that apply:
[ ] Guest
[ ] Meeting ONLY
[ ] Past President

*Reservations/Cancellations must be RECEIVED no later than **Wednesday, May 13, 2009**.*
(Deadlines will be adhered to—your cooperation is appreciated—There will be a $30.00 charge for returned checks)

May 20, 2009 Meeting
Make all checks payable to COLUMBUS CHAPTER, IAAP

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