

Up to 5 hours of continuing education will be available.

### Supporters

Maine Dairy and Nutrition Council  
Maine Department of Education  
Maine Nutrition Network  
Scarborough Schools  
Southern Maine Dialysis  
University of Maine Cooperative Extension

**For more information go to:**  
[www.mainenutritioncouncil.org](http://www.mainenutritioncouncil.org)

**Directions to Augusta Civic Center**  
**626-2405**

#### **From the South:**

Follow I-295 N toward Falmouth (I-295 N becomes I-95 N). Take exit 112A and drive toward Augusta/Belgrade. Turn slight right onto ME-11/ME-27/Civic Center Drive. Go straight and look for the Civic Center sign on the right.

#### **From the North:**

Follow I-95 South to Augusta. Take exit 112 and drive toward Augusta. Turn left onto ME-11/ME-27/Civic Center Drive. Go straight and look for the Civic Center sign on the right.

**RSVP by March 26, 2010**

Maine Nutrition Council  
PO Box 246  
Augusta, Maine 04330

## **Whole Foods and Your Health: *Are Your Genes Your Destiny?***



**Maine Nutrition Council**

### **Annual Conference**

**Wednesday, April 7, 2010  
Augusta Civic Center**

## Key Note Speakers



### **James A. Joseph, PhD**

Dr. Joseph received his Ph.D. in Behavioral Neuroscience from the University of South Carolina. He then received a post doctoral fellowship at the Gerontology Research Center, followed by positions at Lederle Laboratories, the Armed Forces Radiobiology Institute, and the Gerontology Research Center. In 1993 he was recruited to come to the Human Nutrition Research Center on Aging, where he is the Director of the Neuroscience Laboratory. He is the author or coauthor of more than 260 scientific publications and a book, the *Color Code*, that is concerned with "eating your colors" everyday for maximum antioxidant intake. The book has been translated into four languages. He has received numerous awards and citations the most recent of which was an award from GlaxoSmithKline for his work in polyphenols (2009). Other awards have included the USDA North Atlantic Scientist of the year, and Glenn Award for his work in aging.



### **Colleen Fogarty Draper, MS, RD**

Colleen Fogarty Draper, MS RD, is a Registered Dietitian with Food and Nutrition Science degrees from Tufts University and Florida State University. She is trained in Functional Medicine by the Institute for Functional Medicine, and has a strong background in nutritional genomics. Colleen has extensive nutrition practice, product development, clinical research, and business consulting experience. Colleen founded The Nugenso Company, an innovative strategic planning, product development and communications consulting company, focused on providing next generation nutritional genomics solutions for industry, practitioners, and individuals. Colleen is a member of the Functional Medicine Nutritionist Advisory Board for the Institute for Functional Medicine, the American Dietetic Association and she is the Nutritional Genomics Director for the Dietitians in Integrative and Functional Medicine Dietetic Practice Group. Colleen frequently lectures and writes about the integration and translation of nutritional genomics into practice.



### **Elizabeth Ward, MS, RD**

Elizabeth M. Ward, MS, RD, is a freelance writer and nutrition consultant. She is the author of several books, including *The American Dietetic Association's Expect The Best: Your Guide to Healthy Eating Before, During, and After Pregnancy*, *The Pocket Idiot's Guide to the New Food Pyramids*, and *The Complete Idiot's Guide to Feeding Your Baby and Toddler*. Ward writes on a regular basis for [expectthebestpregnancy.com](http://expectthebestpregnancy.com), [USA Today.com](http://USA Today.com), [WebMD.com](http://WebMD.com), and *Men's Fitness* magazine. Ward has worked for Harvard Community Health Plan, the American Heart Association, and the Joslin Diabetes Center. She lives in Reading, Massachusetts with her husband and three children.

## Program

- 7:30 - 8:30** Registration and Exhibits
- 8:30 - 8:45** Welcome
- 8:45 - 10:15** **Personalized Nutrition: Changing Paradigms**  
*Colleen Fogarty Draper*
- 10:15 - 10:45** Exhibit/Activity Break
- 10:45 - 11:45** **Behavioral Effects of Berries and Walnuts: Quenching the Fires of Aging**  
*Dr. James A. Joseph*
- 11:45 - 1:00** Lunch, Awards and Exhibits
- 1:00 - 2:00** **Programming Future Generations: Good Nutrition Throughout the Lifecycle**  
*Elizabeth Ward*
- 2:00 - 3:00** **Panel Discussion**  
*Colleen Fogarty Draper, Dr. James A. Joseph, and Elizabeth Ward*
- 3:00** Closing Remarks

**A continental breakfast and buffet lunch with vegetarian options is included.**

**A room will be available for nursing mothers. If you have any questions or need special accommodations contact:**

Alice Schlosser

[aschlosser@usm.maine.edu](mailto:aschlosser@usm.maine.edu)

or

Kate Yerxa

[kyerxa@mainenutritioncouncil.org](mailto:kyerxa@mainenutritioncouncil.org)

## **Registration Form**

**Register by March 26**

Please copy this form for your records. Receipts will be available at the registration desk.

**Sorry No Refunds**

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

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

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

E-mail: \_\_\_\_\_

## **Registration Fees**

*Registration fee includes membership in the Maine Nutrition Council for 2010-2011*

Member Maine Nutrition Council	\$80
Non-member	\$95
Student or Senior (65+)	\$40

### **Amount enclosed:**

Registration Fee \$ \_\_\_\_\_

MNC Scholarship Fund \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

### **Make check payable to:**

Maine Nutrition Council

### **Mail to:**

Maine Nutrition Council

PO Box 246

Augusta, ME 04330