



WRDA Clinical Update 2018

Topic: Eat to Move: Exercise and Nutrition as the Keys to Health

Date: Thursday December 6, 2018

Location: Palisades Center, West Nyack, NY (4th floor next to ice rink)

Continuing Education Credits: 5 (pending approval)

Overview:

This year, the Clinical Update will cover a variety of physical activity, sports nutrition, and overall wellness information. Our intent is to provide both nutrition professionals and students with useful and evidence-based information. Our goal is always to provide applicable information for nutrition professionals who work with diverse patient populations in a variety of settings.

Schedule

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| 8:00 AM - 8:30 AM | Registration and Sponsored Breakfast |
| 8:30 AM - 9:00 AM | Welcome – Opening remarks – Melissa Keeney MS, RD, CDE, and Kathy Ryan MS, RD, CDN - WRDA Co-Presidents

Public Policy Update - Ann Darcy MS, RDN, CDN

Workshop Overview/Speaker Introductions – Kelsey Lubeck, RDN - WRDA President Elect |
| 9:00 AM - 10:15 AM | Presentation: Fueling the Athlete with Diabetes
Presenter: Erin Palinski-Wade, RD, CDE, LDN, CPT
15 minute Q&A |
| 10:15 AM - 10:30 AM | Stretch Break and Networking |
| 10:30 AM - 11:45 AM | Presentation: Nutrition for the Injured Athlete
Presenter: Dana White, MS, RD, ATC
15 minute Q&A |
| 11:45 AM - 12:30 PM | Lunch, Sponsored by Shoprite |

- 12:30 PM - 1:45 PM Presentation: The Evolving Role of Sports Dietitians
in Intercollegiate Athletics
Presenter: Mary Ellen Kelly, MS, RD, CSSD
15 minute Q&A
- 1:45 PM - 2:00 PM Stretch Break and Networking
- 2:00 PM - 3:15 PM Presentation: Sports Nutrition in the Media
Presenter: Natalie Rizzo, MS, RD
15 minute Q&A
- 3:15 PM - 3:30 PM Wrap-up, Raffles, Certificates, and Evaluations

- A sponsored breakfast and lunch will be included.
- **WE ARE GOING GREEN!** Please bring a reusable water bottle with you.
We will have a place for you to fill it.

Fee:

Members- \$75.00

Affiliates- \$95.00

Non-members- \$125.00

Retired- \$40.00

Student Members- \$15.00

Students (with ID)- \$25.00

Warm regards,

[Westchester Rockland Dietetic Association](#)