

EAPA PITTSBURGH CHAPTER

INTERNATIONAL



LABOR • MANAGEMENT • CONSULTANTS

President:

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FEBRUARY MEETING

ANNOUNCEMENT

When: Tuesday, February 21, 2006 – Bring a Friend to EAPA Meeting
Please bring an associate or peer to introduce to our Chapter.

Where: University of Pittsburgh – Cathedral of Learning - Brand new School of Social Work Conference Center, room 2017.

Directions: Take elevator Car “G” to the 20th floor or any other car to the 21st and walk down one floor to School of Social Work.

Time: Registration - 8:30AM – 9:00 AM
Introductions & Business Meeting - 9:00AM – 9:30 AM
Program - 9:30AM – 11:30AM

Program: “Research-based Employee Wellness Program based on the Mediterranean Lifestyle.”

Program Goal: To understand the nature of intercultural approaches to weight management.

Objectives:

1. Understand the general cultural habits of healthy eating employed by cultures with traditionally low weight, healthy hearts, and longer lives.
2. Learn how the implementation of these eating routines can positively affect weight control, heart disease markers, and long term weight management.
3. A concise nutritional program that implements this approach will be discussed.

Presenter: Rita Hanna, MPH, RD. Lead dietician for The Path Healthy Eating Curriculum, Mediterranean Wellness, Inc. Rita is a consultant on nutrition and chronic-disease prevention. We are grateful for Rita filling in for our original speaker, Will Clower, CEO of Mediterranean Wellness, Inc. and author of The Fat Fallacy.

Moderator: Patty Epps, CEAP

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Fee: A \$15 guest fee will be charged to non-members and a \$5 guest fee will be charged for full time students with a current, validated I.D. (There will be a \$10 surcharge for all returned checks.)

Professional Development Hours: PDH's for CEAP's for LSW's and CAC's are pending and will be awarded at the close of the meeting.

IMPORTANT DATES AND OTHER NEWS OF INTEREST:

Future Pittsburgh Chapter EAPA Meetings: Third Tuesday of the month except August (no meeting).

March 21, 2006 – Family Survivors – Cindy Grindel – Greenbriar Squirrel Hill

April 18, 2006 – Coaching Adults with ADD – Bob Groman – Gateway Squirrel Hill

May 16, 2006 – Dealing with Fear of Flying – Lee Fogarty and Barb Keaton - White Deer Run/Cove Forge at a hotel to be determined.

June 20, 2006 – A Different Slant on CISM – Tonya Slawinski - hosted by PERSOMA

July 18, 2006 – Information about Methamphetamine – Jim Hill – Pyramid Behavioral Health

Chapter members wishing to make additions, deletions or any other changes to the mailing list, please email to moorempm@aol.com or fax to Al Moore at 412-201-5702.

We are attempting to decrease mailing costs by providing the EAPA Chapter Newsletter via e-mail. If you do not have access to a computer and need to have the Newsletter mailed to you, please contact Al Moore at the address below. There is a \$10.00 annual fee to cover mailing costs for non-members.

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Visit our web page (under construction) – www.EAPA.net/Pittsburgh

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THANK YOU FOR YOUR COOPERATION!!!!