Welcome to NSAND!

Why become a member of NSAND?

- Network with informed nutrition professionals
- Earn CEUs while staying informed on the latest research and trends within the field of dietetics
- Learn about current job and career opportunities
- Be nominated for dietetic awards
- Have fun while building professional relationships

Want to get more involved?
Join us on the NSAND board!

NSAND’s Mission:
NSAND serves as an advocate for the dietetic profession serving the public through the promotion of optimal nutrition, health and well-being.

Thank you to our 2018-2019 Board of Directors:

- President: Kathy Brown
- President-Elect: Maddie Martini
- President-Past: Lynnette Becker
- Secretary: Cindy Marofske
- Treasurer: Tamara Hoffman
- Treasurer-Elect: Alison Rumsey
- Planning Committee: Lynn O’Grady, Alice Heinz, Janet Welch, Barb Pearl, Maribel Alchin
- Nominating Committee: Georgia Hammerli
- Membership Committee: Rita Faycurry
- Public Policy: Helaine Katz-Ratskoff
- Social Media: Alexandra Sarkisian, Anita Davila, Suzanna Faycurry
- Hospitality: Courtney Shortridge

Eat Right

NSAND

Welcome to NSAND!

The North Suburban Academy of Nutrition and Dietetics

2018-2019 Program Schedule

- Earn CEUs
- Build your RD/DTR network
- Learn about career opportunities
- Have fun!

www.northsuburbanand.weebly.com
SEPTEMBER 6, 2018
6:30/7-9pm (2 CEUs)
Vitamin K2—New Discoveries on a Critical Nutrient
Presented by: Kiran Krishnan
Vernon Area Public Library
300 Olde Half Day Road, Lincolnshire, IL

OCTOBER 11, 2018
6:30/7-9pm (2 CEUs)
Hot Topics in Food Safety & Quality: Impact on Consumer Health & Nutrition, FSMA update and Career Opportunities
Presented by: Michael Campagna, BS, CQE, MBA and John B Sanfilippo & Son

JANUARY 22, 2019 Webinar
7-9pm (2 CEUs)
Starting a Private Practice and the Healthie Program Platform
Presented by: Amanda Foti, MS, RDN, CDN

FEBRUARY 26, 2019 Webinar
7-9pm (2 CEUs)
The New Meaning of Green: Cannabis and Nutrition Implications
Presented by: Amy Gelfand, MS, RDN, CNSC, PhD Student, Rush University

MARCH Seminar: 4 CEUS
Saturday March 16th, 2018
8am-1pm (4 CEUs)
Integrative Oncology Nutrition
Presented by: Katie Weir, RD, LDN, Block Cancer Center

Nutrition Facts Update: Focus on Approved Fibers & More!
Presented by: Lois M. Barnwell, MS, RD, LDN, CDE

From Farm to Table to Microbiome: How Fermented Dairy Foods Impact the Environment, our Culinary Cuisines, and the Body
Presented by: Sally Cummins Healy, MS, RDN, LDN, Vice President, Health & Wellness Partnerships, National Dairy Council and Robin Brown, MBA, RD, LDN, Director, Health & Wellness, Midwest Dairy Council

Family Therapy: Inviting the Family to Dinner
Presented by: Mira Franco, LSW, Site Director Chicago Renfrew Center

APRIL date/location TBD
(0 CEUs)
Practical Self-Defense & Safety Training: Tips, Strategies and Tactics for Staying Safe at Home and at Work
Presented by: Peter Honigmann, JD
*A small additional fee may be charged

MAY 4, 2019 Volunteer Event
9am-12pm (0 CEUs)
(Rain date May 18th)
Volunteer Gardening Event
The Smart Farm in Barrington