

Save the date!

3rd Annual Physical Activity & Nutrition Forum “Physical Activity & Nutrition: A Prescription for Good Health”

Thursday, June 19, 2008

8:30am–3:30pm, Mills College, Oakland

Presented by:

**The Network for a Healthy California–Bay Area Region
and the American Cancer Society**



This day-long forum is designed to facilitate the “coming together” of public health professionals, family physicians, general internists, health educators, nutritionists, nurse practitioners, educators, medical directors, fitness professionals, and others to discuss creating effective programs that blend physical activity promotion with nutrition education and prevention and early detection strategies benefitting food stamp-eligible children and families.

MORNING KEYNOTE SPEAKER:

ROBERT SALLIS, MD, FACSM President, American College of Sports Medicine

TWO TRACKS OF AFTERNOON INTENSIVES:

TRACK 1: for public health professionals, nutritionists, educators, fitness professionals and others

- Model approaches for integrating physical activity into nutrition programs
- Current evidence-based research linking physical activity, nutrition and chronic disease prevention
- Free and low-cost community physical activity, nutrition, and chronic disease prevention programs and resources

TRACK 2: for physicians and other health care clinicians

- The new colorectal cancer screening guidelines and increasing colorectal cancer screening rates
- Delivering culturally-centered cancer prevention messaging to underserved communities
- Opportunities for medical professionals and community clinics to treat the surgical needs of uninsured patients

EXPERIENCE: Sight-impaired ballroom dancing with *Connecting Through Dance* and wheelchair basketball with the National Wheelchair Basketball Association Champions—The Golden State Road Warriors.

This program is funded in part by the USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program call 1-888-328-3483. The Santa Clara County Public Health Department is the lead agency for the *Network for a Healthy California—Bay Area Region*.

For more information:

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1.800.ACS.2345 / www.cancer.org