

# HEALTH

BROOKLYN FOOD CONFERENCE WORKSHOPS SATURDAY MAY 2<sup>ND</sup> 2009



## **You Are What You Eat: Health, Beauty, Intelligence**

What you put into your body is what you can expect to get out of it. Learn how healthy eating is the basis for health, beauty and intelligence for you, your family, and your community.

**Queen Afua** holistic health activist, and founder, City of Wellness, in Bed-Stuy.

**Mantu Law** is a health food store owner and health educator in Prospect Heights.

## **Obesity, Diabetes and the Food Crisis – Adults**

Obesity and Diabetes are epidemic, especially among children. A child of color born today has a shorter life expectancy than her parents due mostly to food-related and preventable diseases. Learn what Brooklynites and others in NYC are doing to challenge this situation.

**Cheryl Hall**, Exec. Dir., Caribbean Women's Health Association.

**Nick Freudenberg**, Distinguished Professor, Hunter College School of Public Health.

**Kimberly Bylander**, MPH, Coordinator of Physical Activity and Nutrition Initiatives, Brooklyn District Public Health Office.

**Fern Gale Estrow, MS, RD, CDN**, Food Systems Network NYC, registered dietitian and founder of The FGE Food and Nutrition Team.

**Kate MacKenzie, M.S., R.D., moderator**, Program Development and Policy at City Harvest.

## **Obesity, Diabetes and the Food Crisis – Kids**

**Kimberly Bylander**, MPH, Coordinator of Physical Activity and Nutrition Initiatives, Brooklyn District Public Health Office.

**Amie Hamlin**, Exec. Dir., The New York Coalition for Healthy School Food.

**Johnie Owens-Turner**, RN, BSN, Bed-Stuy Family Health Center Childhood Obesity Program.

**Abraham Bornstein, MD**, Brookdale Hospital Pediatric Obesity Program.

**Nadege Fleurimond**, Young Culinary Masters.

## **Eating for a Healthy Pregnancy**

Eating a balanced and nutritious diet and maintaining an optimal weight are the foundation of a healthy pregnancy. Learn about the importance of a healthy diet, food safety, and adequate weight gain during pregnancy.

**Sally Fallon**, founding director of the Weston Price Foundation.

**TBD**, Wyckoff Heights Medical Center.

**Nina Planck**, food writer, an advocate for traditional foods, and an entrepreneur.

**Frances Largeman-Roth, RD**, is the senior food and nutrition editor of *Health* magazine.

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## **Prenatal Nutrition in Immigrant Communities**

Learn from seasoned providers from Women, Infants and Children (WIC), a nutritional supplementation and education program for low-income pregnant and parenting women, how culture affects immigrants' food choices, the challenges and opportunities in serving immigrant clients.

**TBD**, Wyckoff Heights Medical Center.

**Adgline Alexis**, Senior Nutritionist WIC, Caribbean Women's Health Association, she immigrated from Haiti at age 14.

**Elvira Conde**, International Nutritionist and WIC coordinator, Lutheran Medical Center, many years experience in health service in the Institute for Central America and Panama .

## **Breastfeeding: The Safest and Healthiest Way to Feed Your Infant**

Breast is best! Breastfeeding is affordable, convenient, nutritious and beneficial to both mothers and babies. Learn about the numerous health and emotional benefits of breastfeeding, the role of peer support, and how culture affects infant feeding practices.

**Kathleen Carpenter**, Breastfeeding Coordinator, New York Presbyterian Hospital.

**Ina Bransome**, Lactation Doula Consultant, Clearbirth.

**Eureka George**, Breastfeeding peer counselor, Caribbean Women's Health Association.

## **The Importance of Health Food Stores in Underserved and Communities of Color: From First Aid to Economic Development**

Health food stores have been central to public health for many years especially in communities that are underserved by food stores and health care facilities. Hear what these stores have offered and the roles they play in our communities.

**Bob Law**, co-owner of Bob Law Sea Food and Bob Law Health Store on Vanderbilt, Ave., Prospect Heights.

**Transforming the Faith-based Health Fair: Towards a new Wellness Paradigm** Explore the faith-based Health Fairs as a potential vehicle for addressing our present health crisis-- the epidemic of diabetes, obesity, heart disease, breast and prostate cancer, hepatitis, Alzheimer's and autoimmune diseases through the education of community members to a new Wellness Paradigm.

**Viana Muller**, ethnobotanist, wellness educator, cofounder of Whole World Botanicals which offers healing herbs from South America, the Caribbean and Africa.

**Carroll Oliver**, elder, lay minister and member of the Health Fair Committee of the New Life Fellowship Church in Elmhurst, Queens.