

**DIRECTIONS:**

**FROM THE WEST:**

Take the Northwest Toll way (I-90 East) past O'Hare International Airport. Exit at Cumberland Ave. North (79B). Turn right at the end of the ramp, go over the expressway. Turn left at the first stoplight-Higgins road. The Marriott is ½ block on the left side.

**FROM THE NORTH:**

Take the Tri-State (I-294 South) to I-90 East (toward Chicago NOT O'Hare). Exit at Cumberland Ave. North (79B). Turn right at the end of the ramp, go over the expressway. Turn left at the stoplight-Higgins road. The Marriott is ½ block on the left side.

**FROM THE SOUTH:**

Take the Tri-State (I-294 North) to I-90 East (toward Chicago NOT O'Hare). Exit at Cumberland Ave. North (79B). Turn right at the end of the ramp, go over the expressway. Turn left at the first stoplight-Higgins road. The Marriott is ½ block on the left side.

**CONTINUING EDUCATION UNITS**

**7.5 RDN LDN & DTR CEU's** have been applied for from Academy of Nutrition and Dietetics

**7.5 Dietary Managers CEU's** have been applied for from Association of Nutrition & Foodservice Professionals

**7 LNHA CEU's** have been applied for from Illinois Department of Professional Regulation

**7 RN CEU's** have been applied for from Illinois Department of Professional Regulation

CYNTHIA CHOW & ASSOCIATES, LLC  
DIETARY CONSULTING & MANAGEMENT  
5061 N. PULASKI ROAD, 3RD FLOOR  
CHICAGO, ILLINOIS 60630



**ANNUAL HEALTHCARE  
EDUCATIONAL CONFERENCE  
& VENDOR EXPO**

Friday, October 14, 2016  
8:00 AM - 4:30 PM

Chicago Marriott O'Hare  
8535 W. Higgins Road  
Chicago, IL 60631



5061 N. PULASKI ROAD  
CHICAGO, ILLINOIS 60630

## KEY TAKE-AWAYS:

### AT THE CONCLUSION OF THE CONFERENCE, PARTICIPANTS WILL:

Create balanced communication that fits your temperament and be able to identify your “hot communication style.

Break free of limiting beliefs and be more productive in all areas of life.

Understand the criteria for medical diagnosis of malnutrition and how the criteria have changed over time.

Identify successful strategies for upgrading menus. Put an end to the perception that healthy foods cost more and are devoid of flavor.

Define the “4-R’s” for recycling recipes.

Through the chronicles of regional chefs, farmers and artisans, learn the story of where our food comes from and how food shapes our lives.

Understand the impact major CMS reform will have on your healthcare community. Know how CMS plans to modernize the regulations.

Experience innovative new food products at the vendor exhibits. Learn new applications for familiar products and learn how to control food cost.



## PROGRAM

### Morning Session:

**8:00 AM - 8:30 AM**

Registration/Coffee/Exhibits

**8:30 AM - 8:45 AM**

Welcome and Introductions

**Ann Engles, RDN, LDN**

Vice President- Coordinating Dietitian  
Cynthia Chow & Associates, LLC

**8:45 AM - 10:00 AM**

*Mindful Communication: Managing Difficult People in Difficult Situations*

**Kate Webster, PhD**

Owner and Founder of Breaking Thru Barriers

**10:00 AM - 11:15 AM**

*Changing the Malnutrition Paradigm*

**Liz Friedrich, MPH, RD, CSG, LDN, FAND**

President of Friedrich Nutrition Consulting

**11:15 AM - 11:45 AM**

Visit the Exhibits

**11:45 AM - 1:00 PM**

*Breaking Up is Hard to Do! Can We Break The Salt Habit!*

**Margie Fougeron, MS, RDN, CD**

Culinary Nutrition Specialist

### Afternoon Session:

**1:00 PM - 2:15 PM**

Lunch/Visit the Exhibits

**2:15 PM - 3:15 PM**

*From The Ground on Up!*

**Kyle Cherek**

Host of the Emmy-nominated television show, Wisconsin Foodie

**3:15 PM - 4:30 PM**

*Get Ready For Major CMS Reform!*

**Connie Jensen, RDN, LDN**

Division Chief Long Term Care  
Illinois Department of Public Health

## RETURN REGISTRATION TO:

Cynthia Chow & Associates, LLC

Dietary Consulting & Management

5061 N. Pulaski Road, Suite 300 · Chicago, Illinois 60630

Tel # (773) 539-8181 · Fax # (773) 539-0039

## METHOD OF PAYMENT

AMEX · DISC · MC · VISA

Check/Money Order Payable to:

CYNTHIA CHOW & ASSOCIATES, LLC

**2016 SEMINAR FEE: \$130/PERSON**

**STUDENT FEE: \$110/PERSON** (school ID Required)  
(lunch, seminar materials & parking included)

\_\_\_\_\_ Please check if Kosher meal is desired

## WEBSITE REGISTRATION:

[www.cchowandassoc.com](http://www.cchowandassoc.com)

## REGISTRATION

\_\_\_\_\_  
Name

\_\_\_\_\_  
Title

\_\_\_\_\_  
Facility

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State Zip Code

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Tel.#

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Cell #

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Email

## CREDIT CARD INFORMATION

\_\_\_\_\_  
Name on the Card

\_\_\_\_\_  
Card Number

\_\_\_\_\_  
Expiration Date Security Code

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Card Holder Billing Address