

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 Rd. 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.

Accreditation:

- 7 CE hours have been applied for from the American Dietetic Association
- 6 CE hours have been applied for from the Dietary Managers Association

Location:

Chicago Marriott O'Hare
8535 W. Higgins Road
Chicago, IL 60631
Tel. #: (773) 693-4444

*Cynthia Chow & Associates, LLC
5061 N. Pulaski Road
Suite 300
Chicago, IL 60630*



Celebrating our
40th Year!
1969—2009...

A Passion
For
Excellence

Annual Continuing Educational Seminar

Date: October 23, 2009

Time: 8:00AM - 4:30 PM

Chicago Marriott's O'Hare

OBJECTIVES

At the conclusion of this seminar, participants will be able to:

- Identify the impact of stress on health & disease, while providing simple, convenient ways to reduce stress in one's day.
- Identify medications that affect nutrition by altering taste, causing dry mouth, lethargy, nausea or condition.
- Participate in assessing the medication-related nutritional issues in disease states such as diabetes, COPD, skin breakdown & wound care.
- Understand & apply the skills and competencies necessary to progress & stay competitive within foodservice management industry to lead change throughout tough economic times.
- Know how to create innovative & appetizing plate presentations.
- Learn what IDPH Surveyors have been emphasizing one year after implementation of F-325 Nutrition & F-371 Kitchen Sanitation.
- Determine how to avoid unnecessary citations.
- Learn about new food products, new application for familiar products & how to control food costs.

PROGRAM

Morning Session:

8:00 - 8:30	Registration/Coffee/Exhibits
8:30 - 8:45	Welcome & Intro of Sponsors Ann Engles, RD, LDN VP, Coordinating Dietitian Cynthia Chow & Assoc., LLC
8:45 - 10:00	Unstress For Success Barbara Bancroft, RN, MSN, PNP Executive Director & President CCP Associates, Inc.
10:00 - 11:15	Mind Your Medications Susan J. Klem, BS Pharm., CGP, FASCP Senior Director, Professional Services - Omnicare, Inc.
11:15 - 11:45	Coffee Break/Exhibits
11:45 - 1:00	Food Service Tune Up Wayne Toczek Senior Partner, CEO Innovations Services
1:00 - 2:15	Lunch Break/Exhibits

Afternoon Session:

2:15 - 3:30	Put Your Best Plate Forward "Chef" William G. Brooks US Foodservice
3:30 - 4:30	Straight Talk From The Surveyor Connie Jensen, RD, LDN Assistant Central Illinois Regional Supervisor Illinois Department of Public Health (IDPH)

RETURN REGISTRATION FORM TO:
Cynthia Chow & Associates, LLC
5061 N. Pulaski Road, Suite 300
Chicago, Illinois 60630
Tel. (773) 539-8181 * Fax (773) 539-0039
Visit us at: www.cchowandassoc.com

One Person Per Registration.

Name: _____

Title: _____

Facility: _____

Address: _____

City/State/Zip: _____

E-mail: _____

Work #: _____

Cell #: _____

Method of Payment:

____ Check or Money Order

____ American Express

____ Discover Card

____ Master Card

____ Visa

Credit Card #: _____

Exp. Date: _____

Online Registration: www.cchowandassoc.com

Make Check/Money Order Payable to:
Cynthia Chow & Associates, LLC

Registration Fee:

(lunch, seminar materials & parking included)

\$110.00 (if received by Oct. 10, 2009)

\$120.00 (after Oct. 10, 2009)

Student Fee: \$85.00 (valid ID required)

*** **On-site Registration available at \$120.00** ***

Check if Kosher meal is desired.