

Nutrition and Lifestyle Counseling Workshop

Friday, May 30, 2008 – 2:15 – 5:15pm

Chair: Neil Stone, MD (invited)

Program Curriculum and Schedule of Events

2:15 – 3:00pm	The Science of Dietary Strategies for Lipid Management - Neil Stone, MD (invited)
3:00 – 3:50pm	Introduction to Basic Counseling Skills, Motivational Interviewing, and Behavioral Strategies for Implementing Nutritional and Lifestyle Changes - Denise Ernst, PhD (confirmed)
3:50 – 4:00pm	Break
4:00 – 4:30pm	Nutrition and Lifestyle Recommendations to Decrease CVD Risk: Effective Behavior Change Strategies in Different Patient Populations - Geeta Sikand, MA, RD, FADA, CDE, CLS (confirmed)
4:30 – 5:00pm	Exercise Prescriptions for Lipid Management - Ralph La Forge, MSc, CLS (confirmed)
5:00 – 5:15pm	Wrap up and Q & A