



Professional Development Events 2018-2019

Network and Nosh

Save the dates! Drop by, have a snack and connect with other food and nutrition experts!

When: 5:30-7:30pm on the dates listed below.

Cost: GRAND members: FREE Non-members: \$10

RSVPS preferred, not required.

September 12, 2018	Hardywood Park Craft Brewery	Richmond
January 24, 2019	Richmond Wine Station	Scott's Addition
March 13, 2019	Celebrate RD Day (6-8pm)	Ellwood Thompson's Beet Cafe

CEU Connection

Nourish your nutrition know how by learning cutting-edge MNT and exchange best practices with colleagues. Join us at the locations listed below and pick up CEUs by signing up for the following programs:

DATE	LOCATION	TOPIC	CEUS
October 3, 2018 5-6:30pm (Program 5:30 - 6:30pm)	Bon Secours Memorial Regional Medical Center MOB 4 (Ortho VA Building), Conference Room	Get Your Clients Cooking! Engaging cooking demonstrations - Tabitha Monroe, RD	1
November 14, 2018 5 - 7:30pm (Program 5:30 - 7:30pm)	Bon Secours Short Pump Emergency Center Medical Pavilion Main Entrance Room 101	The New International Dysphagia Guidelines - Perry Lopez, SLP <i>sponsored by SimplyThick</i>	1.5
January 9, 2019 5 - 7:30pm (Program 5:30 - 6:30pm)	Bon Secours St. Francis Medical Center Main entrance, Florence/Orvieto Conference Rooms	Gastric Dysmotility - Matthew Bregman, MD, FACS <i>sponsored by Medtronic</i>	1
February 20, 2019 5 - 7:30pm (Program 5:30 - 7:30pm)	Bon Secours St. Mary's Hospital Main entrance, Auditorium (Room 164)	Overcome Imposter Syndrome: An RD's Guide for Defeating Self-Doubt - Ashley Moody, MPH, RD Intentional Weight Loss in Older Adults- <i>sponsored by Abbott Nutrition</i>	2
March 28, 2019 NEW LATER TIME 6:00 - 8:30pm (Program 6:30- 8:30pm)	Bon Secours St. Francis Medical Center Main entrance, Florence/Orvieto Conference Rooms	Blended, Real Food Diets for Enteral Patients - <i>sponsored by Real Food Blends</i>	1
April 27, 2019 NEW EVENT! 10am - 12 pm	Virginia State University Randolph Farm 4415 River Rd., Petersburg, VA 23803	Farm Tour and Sustainable Farming Techniques - Chris Mullins, VSU Extension Specialist FREE for GRAND members, \$10 for non-members	2
May 7, 2019 NEW LATER TIME 6:00 - 8:30pm (Program 6:30 - 8:30pm)	Bon Secours St. Francis Medical Center Main entrance, Florence/Orvieto Conference Rooms	Market Yourself! Blogs, Press, Instagram and More! - Brittany Mullins of <i>EatingBirdFood.com</i> , Kath Younger of <i>KathEats.com</i> , & Austin Kitchen, the <i>RVAFitFoodie</i>	2

Cost: GRAND members: \$15 Non-members and Walk Ins: \$20 (unless otherwise noted)

Save your spot for all events by emailing Ashley Moody, President-Elect @:grandrva@gmail.com.

Payments can be made 3 ways:

1. Via paypal @ grandrva.org website
2. Mail check to: GRAND c/o Marilyn Trowsell 3203 Klaus Court Glen Allen, VA 23060
3. At the event with exact cash or check payable to GRAND