

It's the July Joggin' the Noggin'
Follow the Fifty: Models of Heart Health Event!

Heart Disease is the number one killer of women. We've launched a community counter-attack!



Saturday, July 14, 2012

7:00 – 11:30 am

Quinebaug Valley Community College
742 Upper Maple Street
Danielson, CT 06239



Joggin' the Noggin' Run/Walk 101

QVCC welcomes you "back to school" and gets your brain and body ready for the day with "Run/Walk 101!"

Fuel Up!

Cool down with healthy refreshments during a candid nutrition presentation with **Registered Dietitian Sarah Desjardin!**

The Real Deal

A panel discussion of real world nutrition/exercise challenges and proven examples of how to overcome them. Key panelist is **Dr. Alison Monette, ND, RD**, naturopathic physician and founder of Avena Wellness Center, LLC, in Putnam.

Featured topics include:

- Healthy options when eating out
- Can you feed your family healthy and keep them happy at the same time?
- Finding time to exercise...and anything else inquiring model minds want to know!

Model Mid-Terms & Share Time

There's a good chance that you may have hit the mid-term wall and feel like you are losing momentum. Hot summer days may sap your energy and willpower. If so, you're right on target! **FTF Project Manager Linda Colangelo** will provide some motivation and lead models in group discussion and their Mid-Term reports. It's an opportunity to reflect on your successes and challenges and a chance to assess the FTF initiative to see where we are and where we need to go!

FTF Grab Bags & More!

The day wraps up with the distribution of CPR/AED Certification Cards to all those who took FTF training courses in June; *new FTF t-shirts and caps have arrived*; and we'll have a mass registration for models (at least 80) who indicated their desire to form an FTF team to participate in the DKH Deary Memorial Walk/Race/Ride on August 11th! Song & dance time, too!

Doors open at 6:45am for a prompt 7am start!

No pre-registration required, but all attendees should check-in upon arrival in the QVCC Atrium.

Please bring a non-perishable food item to benefit Friends of Assisi Food Pantry in Danielson...thank you!



Presented by QVCC, a proud member of HealthQuest Northeast CT,
a regional health and wellness collaborative working to make northeastern Connecticut a healthier place
to live, work, learn, and play!