



**Eat Well.  
Move More.  
Feel Great!**

# WORKSHOP AGENDA

## TRAIN-THE-TRAINER WORKSHOP

San Leandro Library

Tuesday, October 23, 2012 from 9:00 a.m. - 11:30 a.m.

---

*Workshop Objectives:*

- Understand key messages of “Eat Well. Move More. Feel Great!” lesson plan
  - Be confident in teaching the “Eat Well. Move More. Feel Great!” lesson plan
  - Commit to identifying an appropriate group in which to teach “Eat Well. Move More. Feel Great!”
- 

Welcome/Introduction

Diane Woloshin, RD, MS  
Director, Nutrition Services

Special Address

Michael Gregory  
Vice Mayor, City of San Leandro

Background Presentation

Nori Grossman, RD, MPH

*Eat Well. Move More. Feel Great!* Demonstration

Lindsay Orbeta, RD, MS  
Mary Collett, RD, MPH  
Tanefer Lumukanda

Q&A

Lindsay Orbeta & Mary Collett

Break

Physical Activity Resources

Annette Laverty, RD, MPH

Spreading the Word:  
Plans for Implementation

Ericka Doolittle RD, MPH

Evaluation/Raffle/Wrap Up

Diane Woloshin



**Healthy Living**  
*...for life!*

Nutrition Services • Alameda County Public Health Department

Alameda County Nutrition Services • 3600 Telegraph Avenue, Oakland, CA 94609 • 510-595-6454

[www.healthylivingforlife.org](http://www.healthylivingforlife.org)

This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net).