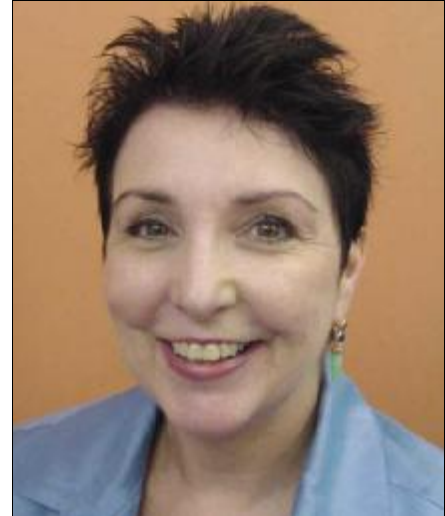


EAT, DRINK, & BE MERRY

A PRESENTATION BY

CATHERINE CONWAY, R.D.



Over-eating and over-reliance on comfort foods are typical ways that men and women attempt to manage stress. This can lead to excess weight and serious health problems. This lecture will discuss the dangers of relying on comfort foods and offer alternative techniques for handling emotional eating.

WED., SEPT. 13, 7 P.M.

**ALA WAI GOLF COURSE
CLUBHOUSE**

404 KAPAHULU AVE.

(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY)

**Ms. Conway will also be speaking on Maui:
Tues., Sept. 12th, at 7 p.m., Cameron Center,
95 Mahalani St., Wailuku.**

Catherine Conway is a registered dietitian, certified dietitian/nutritionist, and a certified diabetes educator. She also has advanced certification in adult weight management and counseling skills and works as a consultant in weight management at New York University Medical Center and St. Vincent Hospital in New York City.

Ms. Conway is a past chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association and a reviewer of the American Dietetic Association's Position Paper on Vegetarian Diets. She was the recipient of the Vegetarian Nutrition Dietetic Practice Group Award of Excellence in Service and Leadership in 2004.

