

GRAND VALLEY STATE UNIVERSITY SCHOOL OF SOCIAL WORK CONTINUING EDUCATION

TOPIC

Food as Medicine: How Diet Can Prevent and Manage Disease

We are facing an epidemic of diet related chronic disease. Food as Medicine plays a vital role in sustaining health, preventing disease, and as a therapy for those with conditions or in situations responsive to changes in their diet. You will hear how Food as Medicine can positively impact health to prevent, manage, or treat chronic diseases. Discover advances in Food as Medicine on both a local and national level.

Recommended for LBSW and LMSW intermediate skill level; for additional information, please visit our website:
www.gvsu.edu/swce

OBJECTIVES

- 1) Participants will gain a deeper understanding of what is meant by "Food as Medicine."
- 2) Participants will describe the role that Food As Medicine plays as a healthcare tool to prevent, manage and treat chronic disease.
- 3) Participants will learn about the advances in Medically Tailored Meals.
- 4) Participants will identify Local and National initiatives in Food as Medicine.

DATE:

Friday, November 12, 2021
8:45am—12:00pm

LOCATION:

Live, online webinar via
Zoom

Grand Valley State University School of Social Work, an accredited social work education program, is authorized by Administrative Rule 338.2965 to award Michigan social work continuing education contact hours.

PRESENTED BY:

Wendy Borden



Wendy Borden is committed to promoting health through nutrition, fitness and positive leisure time choices. Wendy has a M.S. in Outdoor Recreation Administration and a M.S. in Holistic Nutrition. She is the founder and executive director of the Revive and Thrive Project, a nonprofit in Grand Rapids, MI. The Revive & Thrive Project teaches teens healthy cooking skills and provides home-delivered meals to those facing a health crisis. Wendy is hopeful we can create a culture where healthy eating is valued, supported, and available to all.

CE CREDIT: 3.0
COST: \$49

REGISTER:

Visit www.gvsu.edu/swce