

# Eat Right, Future Bright!

## Learn Key Nutrition Strategies & Tips for Managing PWS



**Saturday, February 25, 2017**  
**9:00 a.m.—12:30 p.m.**

**PWCF Offices** in the Beach Cities Health District  
514 N. Prospect Avenue, Redondo Beach, CA 90277  
Beach Cities Meeting Room, Bottom Floor/Lower Level

**Managing the diet of children and adults with PWS can be challenging. PWCF is here to help!**

This parent conference will teach you about:

- Calories, protein, fats & carbs
- Meal Planning
- Portion Sizes
- Meal Schedules & Timing
- The Principles of Food Security
- How to Read Food Labels
- Fad Diets
- Red Yellow Green System of Weight Management

**Presented by Jill Nowak-Przygodzki, R.D., CDE, Nutritional Consultant for PWCF**



Jill is a registered dietitian who has been working with patients at CHOC since 2004. She is a member of the Department of Endocrinology and Diabetes multidisciplinary team and provides nutrition education to patients including meal planning, weight management and behavior modification for a variety of disorders including Prader-Willi syndrome, type 1 and type 2 diabetes, celiac disease, cardiovascular disease, and hypertension. She is a Certified Diabetes Educator and holds a Certificate of Training in Childhood and Adolescent Weight Management. Jill is a long-time, invaluable member of the PWS Clinic at CHOC where she provides nutritional consultation guidance and services to families.



For more information contact PWCF  
Phone: 310-372-5053  
E-mail: [info@pwcf.org](mailto:info@pwcf.org)



### Eat Right! Future Bright! Parent Nutrition Conference | February 25, 2017

PWCF Members \$40 | Non-Members \$50 | Childcare \$10 | Regional Center Vendor #PH1837

Register by Mail PWCF 514 N. Prospect Ave., #110-LL, Redondo Beach, CA 90277 | Fax 310-372-4329 | Online [www.pwcf.org](http://www.pwcf.org)

Name(s) \_\_\_\_\_ Phone \_\_\_\_\_ Number Attending \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Childcare Name(s) \_\_\_\_\_ Age(s) \_\_\_\_\_

I have enclosed my check made payable to "PWCF"       Please charge my credit card \$ \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

Card No. \_\_\_\_\_ Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

Email: \_\_\_\_\_ Billing Address \_\_\_\_\_

*if different from address above*

