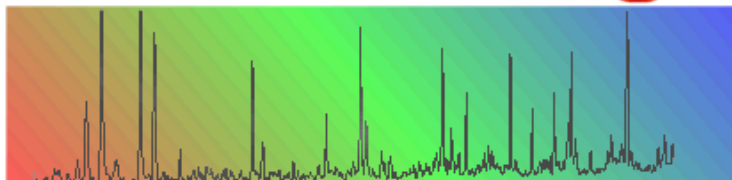




# SAS-Chicago



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## December Meeting

Tuesday, December 7, 2010

The December 2010 meeting will be held at the Holiday Inn, located at 1000 Busse Road, Elk Grove Village, IL 60007. See the map on the last page.

Social Hour: 5:30 PM

Dinner: 6:30 PM

Speaker: 7:30 PM

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### Dietitian Debunks Popular Nutrition Myths

**Melissa Joy Dobbins, MS, RD, CDE**

*Media Spokesperson for the Illinois Dietetic Association  
and the National Dairy Council.*

Are organic foods better for you? Are vitamin supplements necessary? Is it more expensive to eat healthy foods? What should you believe and more importantly, what should you do?

Join nutrition expert Melissa Dobbins for a fun and informative exposé of popular nutrition myths. Learn how to spot fads and frauds, and come away with real tips to make a few simple changes in your life for better health.

Melissa is a registered dietitian with 20 years of experience in nutrition and a passion for helping people become informed and unafraid. She appears regularly on Chicago TV news shows and specializes in diabetes, weight management and supermarket strategies..



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Please make your dinner reservations for the upcoming meeting by email at [sas.chicago1@gmail.com](mailto:sas.chicago1@gmail.com), using our online form <<http://www.sas-chicago.org/Online%20Registration%20at%20Elk%20Grove%20Holiday%20Inn%20.htm>> or by calling Slav Stepanovich at 847-421-2056. Leave **your name, company affiliation, a telephone number, the number of reservations and your choice of entree**. Please call by **noon Friday, December 3rd**, so that proper arrangements can be made with the restaurant. Credit card payments must be made online at <[sas-chicago.bbnw.org](http://sas-chicago.bbnw.org)> prior to the meeting. Only payment by cash and check will be accepted at the meeting. Contact us if you can't attend; the SAS is charged for no-shows.

**Entree choices: London Broil, Chicken Marsala, or Pasta Primavera**

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**Dinner Cost Members: \$30**

**Students and Unemployed Members: \$10**

**Non-members: \$35**

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Melissa is a registered, licensed dietitian with a Masters of Science in Nutrition and 20 years of experience in nutrition education and health promotion. A published author, Melissa appears regularly on Chicago television and enjoys sharing credible health information with the public.

Named Recognized Young Dietitian of the Year in 2004 by the Illinois Dietetic Association, Melissa is a Certified Diabetes Educator and is also certified in Weight Management by the American Dietetic Association. She has been published in The Journal of Nutrition Education and The American Dietetic Association's Manual of Clinical Dietetics.

Melissa specializes in supermarket nutrition and dairy foods, and her background includes nutrition research, undergraduate and graduate nutrition course instruction, corporate wellness programs and nearly a decade of hospital-based nutrition counseling and community health education.

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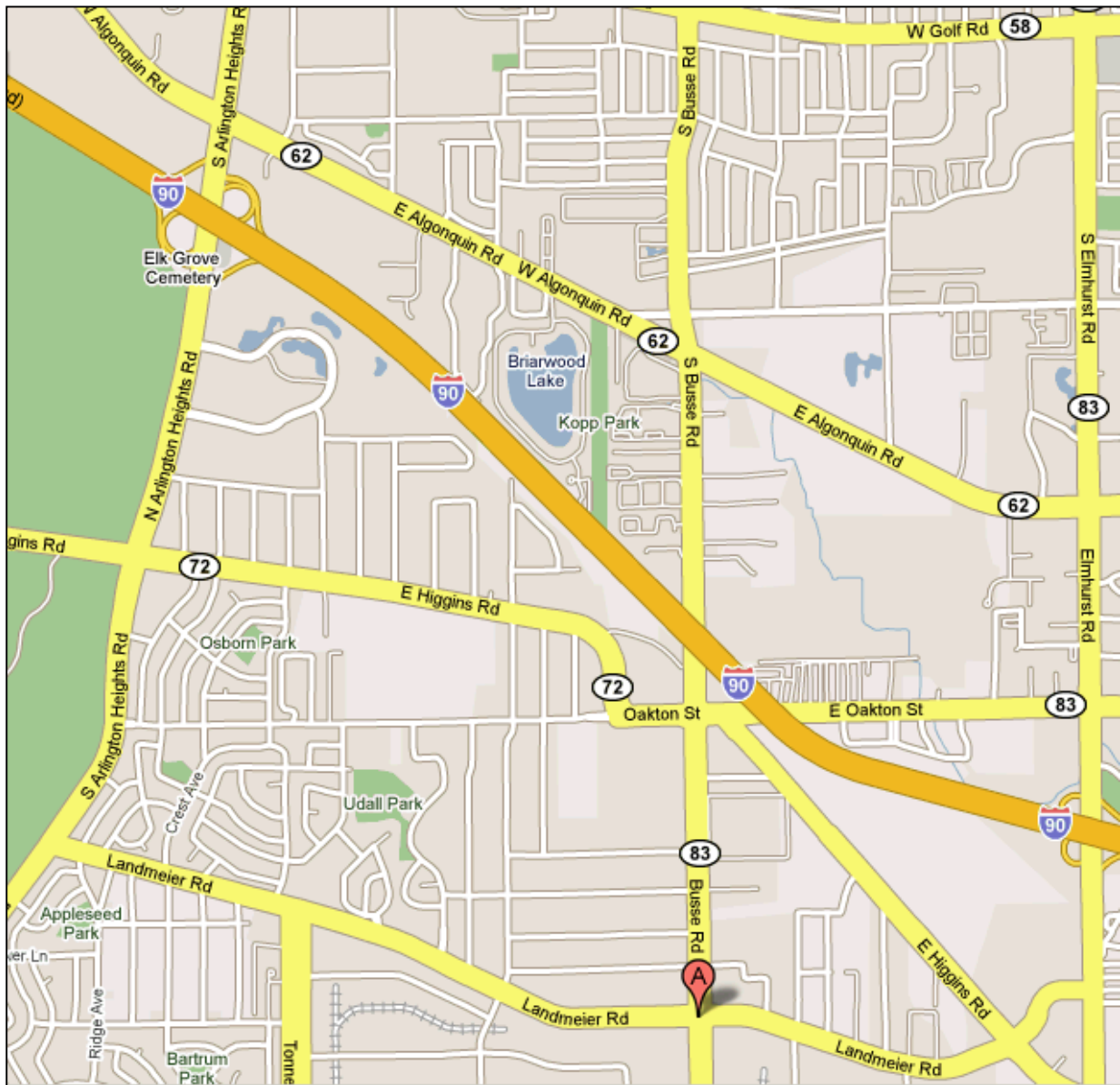
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