

Renal "Fare": Food, Fun & Fitness

Post-Transplant Seminar Wednesday, March 25, 2009

- 9:30am** Registration
- 10:00am** Introduction & Welcome
**Alan Benvenisty, M.D.,
Chief, St. Luke's-Roosevelt
Transplant Program**
- 10:30am** Nutrition For ESRD Patient
Shara Lazar, R.D.
- 11:00am** Question & Answers
- 11:30am** Fitness & Nutrition
**Gennaro Ferra, BEd,
Mr. Australia, Certified Personal
Fitness Chef & Nutrition Coach**
- Motivational Talk
 - 30 Min Whole Body Work-Out Routine
 - Cooking Demonstration
Followed By Lunch

***NOTE:** Snacks served throughout the day. Patient Education stations will be available during break times & after seminar.

Pre-Transplant Seminar Wednesday, April 1, 2009

- 9:30am** Registration
- 10:00am** Introduction & Welcome
**Alan Benvenisty, M.D.,
Chief, St. Luke's-Roosevelt
Transplant Program**
- 10:30am** Nutrition For ESRD Patient
Shara Lazar, R.D.
- 11:00am** Question & Answers
- 11:30am** Fitness & Nutrition
**Gennaro Ferra, BEd,
Mr. Australia, Certified Personal
Fitness Chef & Nutrition Coach**
- Motivational Talk
 - 30 Min Whole Body Work-Out Routine
 - Cooking Demonstration
Followed By Lunch

***NOTE:** Snacks served throughout the day. Patient Education stations will be available during break times & after seminar.

REGISTRATION FORM

Renal "Fare": Food, Fun & Fitness
An Educational Seminar For Renal Transplant Patients,
their Families, and Health Care Professionals
St. Luke's-Roosevelt Transplant Program, 1090 Amsterdam Ave. 12th floor, NYC

Post-Transplant- Wednesday, March 25, 2009

I Will Attend (Total # of Guests ____)

FULL NAME _____

ADDRESS _____

PHONE # _____

EMAIL _____

Pre-Transplant- Wednesday, April 1, 2009

I Will Attend (Total # of Guests ____)

FULL NAME _____

ADDRESS _____

PHONE # _____

EMAIL _____