

## **SPEAKER SCHEDULE**

### **9:00 Welcome**

Alice Taylor, MSN, MBA  
Chief Operating Officer  
Schneider Regional Medical Center

### **9:35 Coping with a chronic illness**

Lori Thompson, PhD  
Insight Psychological Services, LLC

### **10:05 Heart Disease Prevention**

Kristin Eckland, RN, MSN, ACNP-BC  
VI Heart

### **10:35 Healthy lifestyle choices**

Steve Prosterman  
University of the Virgin Islands

### **11:05 Cooking demonstration**

Linda Chesterfield, Chef

### **11:35 Diabetic Foot Care**

Gail Rucker, heal DPM  
Podiatrist

### **12:05 Oral/Mouth/ Teeth Care**

Stuart Wechter, DMD  
Dentist

### **12:35 Eye Care**

Kidane Assefa, M.D.

### **1:05 TBD**

### **1:35 Nutrition**

Deanna Dahlem, RD, CDE  
Schneider Regional Medical Center

### **2:05 Cooking demonstration**

Linda Chesterfield, Chef

### **2:35 TBD**

### **3:05 Diabetes Management**

Judy Barzey, MD  
VI Endocrinology

UVI Cooperative Extension Service

Doctor's Choice Medical

Elite Medical Supply

Novo Nordisk

Medicare

Jackson Wellness Complex

St. Thomas Swimming Association

Fitness Challenge

Prana Spa

Nikken

Toni Gillman

Nefertiti

Alan Buckingham

Healthy Snacks on Wheels

Love Living

## **OTHER HIGHLIGHTS**

\*Raffle: enter to win 1 free hour of nutrition counseling with a Registered Dietitian"

\*Blood sugar monitoring booth: get your blood sugar checked and ask questions about your meter

\*Sign-up for diabetic supplies: bring your insurance card and get supplies approved for you

\*Nutrition booth: learn about portion sizes and sugar and talk to a dietitian

## **ACKNOWLEDGEMENTS**

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VI Source

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Jean-Marie Reid & Dietary Department

Laverne Cruse & MIS Department

Fruit Bowl

And all others who helped make this possible...

## **BOOTHS**