



THE NH TRAINING INSTITUTE ON ADDICTIVE DISORDERS

Presents:

NUTRITION: PREVENTION & RECOVERY

with **Patricia Mulready, MD**

A 12 HOUR TRAINING EVENT ON MONDAY & TUESDAY, MARCH 15 & 16, 2010

8:30 a.m. – 3:30 p.m. daily (registration begins at 8:00 a.m.)
at NH Primex, 46 Donovan Street, Concord, NH

DESCRIPTION OF THE PRESENTATION: Addiction is considered a disease of body, mind and spirit. We have many tools to work with the mind and feelings, fewer to encourage spirituality and almost none to heal the body. By ignoring the impact of the body on recovery, the possibility of relapse increases as unstable chemistry make people feel poorly and drives them to relief by using. It does not have to be this way! This workshop begins the process of providing information and skills to intervene with the body at the most basic level - food. Feeding the body properly and consistently is the first step in rebalancing body chemistry and increasing the chances of long-term recovery. The first day will focus on the function of the digestive tract, the role of the brain in eating and recovery, other body systems strongly affected by food choices and the basics of food. Day Two will address diet and the role of supplements in healthy living. Since the information builds over the training, you need to attend day one to attend day two. Come learn nutrition's role in a healthier recovery to benefit yourself, your loved ones and your clients! Participants will be able to: discuss the function of each part of the digestive tract; discuss the impact of food on at least two body systems, name at least one important function of protein, carbohydrates and fat, name at least two vitamins and their functions, name at least two minerals and their functions, discuss the important components of a healthy diet.

CPS Category: Prevention Theory and Practice

LADC Performance Domains: II, IV & V Category of Competence: 5, 13, 15, 16 & 17

ABOUT THE PRESENTER: Patricia Mulready, M.D. is a graduate of the University Of Connecticut School Of Medicine and is board certified in Family Medicine. She holds a master's degree in counseling with a specialty in addictions from the same institution. In addition to her training in conventional medicine and psychotherapy, Dr. Mulready has spent years gaining knowledge and experience in biochemical medicine, environmental medicine, nutrition, addictions, emotional disorders, energy work and spirituality. Dr. Mulready has been adjunct faculty at the University of Connecticut School of Medicine, University of Connecticut School of Social Work and University of Bridgeport College of Naturopathic Medicine. She is a requested speaker and workshop leader at conferences. In addition to providing training, Dr. Mulready maintains an organizational consultation practice and a private practice for individuals seeking to restore health.

Register by: As soon as possible, this training fills early
 Fee: NHADACA Members \$50.00 Non-Members \$70.00

Lunches will be provided
 NASW CEUs \$5.00

For registration information contact: Kim Hoitt, 528-6800 or nhtiad@myfairpoint.net

REGISTRATION FORM:

Name:			
Title:			
Agency:			
Mailing Address:			
Email Address:			
Work Phone:			
Home Phone:			
NHADACA Member?	YES	NO	
Who is responsible for payment ?	Agency Contact Email Address:		
Training (s) you are registering for:	Fee	Add \$5.00 for NASW credits	Total fee
Date Title			

For more information, or to send registration forms or cancellation notice, please contact:

Dianne Pepin, Director
 NHTIAD
 25 Country Club Road, Suite 604
 Gilford, NH 03249
 Phone: (603) 528-6800
 Fax: (603) 528-2105
 Email: nhtiad@myfairpoint.net

REGISTRATION FEES:

NHADACA Members \$50.00
 Non-Members \$70.00
 for 12 hour trainings (unless otherwise listed) some partial & multi-day trainings priced differently

NASW credits \$ 5.00 per training

Make check payable to NHADACA.

TOTAL FEE SUBMITTED:

NHTIAD REGISTRATION AND CANCELLATION POLICY

All registrations and cancellations must be received in writing via mail, email or fax.
 If registration is not accompanied by payment, you or your agency, are still responsible for full payment and, in the event of non-attendance/NO SHOW (without proper cancellation as outlined below) will be sent an invoice, as materials and food have been purchased in reliance on your registration. No refunds will be issued.
 You may cancel your registration up to seven days before the training by transferring your registration to another NHTIAD training of your choice within 12 months or by sending a substitute from your organization. No refunds will be issued. If you need to cancel less than seven days prior to the designated training, there will be no refund, however you may send a substitute in your place. When using US mail, the postmark will determine date of cancellation.

Apart from inclement weather or trainer illness, if NHTIAD must cancel a training, this determination will be made ten days prior to the date of the training, and you will have the option of a full refund or transferring your registration to another training. In the event of trainer illness or weather cancellation as determined by NHTIAD, NHTIAD will make every reasonable effort to reschedule the event in a timely fashion. You will have the option of attending on the new date, a full refund, or transferring your registration to another training. To verify if an event is being cancelled due to weather conditions, call (603) 528-6800, after 6:30 a.m. the morning of the event. The answering machine will have any cancellation information, if needed. If you call, and there is no message referencing cancellation, then the training is proceeding as scheduled.

Send registration or cancellation information to:

Mail: Dianne Pepin
c/o NHADACA
25 Country Club Rd, # 604
Gilford, NH 03249

Email: nhtiad@myfairpoint.net
nhtiad@gmail.com

Fax: (603) 528-2105

DIRECTIONS TO NH PRIMEX, 46 DONOVAN STREET, CONCORD, NH

From the South (Manchester): Take I-93 North, to exit 12N. Take slight right onto South Main Street. Turn left onto Joffre Street. Turn left onto Donovan Street. NH Primex will be on the right. Enter the NH Primex building through the center/front entrance.

From the West (Keene): Take Route 9 to I-89 South/Concord. Merge onto I-93 North to exit 12 N. Take slight right onto South Main Street. Turn left onto Joffre Street. Turn Left onto Donovan Street. NH Primex will be on the right. Enter the NH Primex building through the center/front entrance.

From the North (Plymouth/Berlin): Take I-93 South to exit 12N. Take slight right onto South Main Street. Turn left onto Joffre Street. Turn left onto Donovan Street. NH Primex will be on the right. Enter the NH Primex building through the center/front entrance.

From the East (Portsmouth): Take Route 4 to I-393 to Concord. Merge onto I-93 South to exit 12 N. Take slight right onto South Main Street. Turn left onto Joffre Street. Turn left onto Donovan Street. NH Primex will be on the right. Enter the NH Primex building through the center/front entrance.

Drive Safely.

If you are concerned about a training being cancelled due to the weather conditions, call (603) 528-6800, **after 6:30 a.m. the morning of the event**, to check the status. The answering machine will have any cancellation information, if needed. If you call, and there is no message, then the training is proceeding as scheduled.