



2019 Live Yes! Conference of Champions

ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019

# Building Informative Group Sessions on Nutrition & Diet

Learning effective ways for  
facilitating groups focused on  
the nutrition and diet needs  
of participants





Deb Constien,  
Retired RD, CD, BFE

**Live Yes!**

**2019 Live Yes! Conference of Champions**  
ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019



# What do we hear repeatedly from our group members during our Connect Meetings?

\*\*\*We want to learn more about diet and nutrition that is directly related to arthritis!!

As a Facilitator....what do we do next?

**Live Yes!**

**2019 Live Yes! Conference of Champions**  
ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019

 **Arthritis  
Foundation®**

# Available Intentional Programming

Let's look at the Intentional Programming (IP) lesson plans that are part of the Facilitator Toolkit!

What is available regarding diet?

**Live Yes!**

2019 Live Yes! Conference of Champions  
ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019

 **Arthritis  
Foundation®**

# Available Intentional Programming

There are 3 IP Lessons Plans that would fit!

1. Anti-Inflammatory Diet
2. Vitamins & Supplements
3. Meal Planning for Arthritis

**Live Yes!**

**2019 Live Yes! Conference of Champions**  
ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019

 **Arthritis  
Foundation®**



# Tips on vetting a Subject Matter Expert (SME) to speak to our audience

1. In my case, I could be the SME as I am a Retired Dietitian
2. Do I know a friend or family member that is a Dietitian?
3. Refer to a local hospital and find a Dietitian to reach out to...see if they are willing to donate their time
4. What ideas do you have?

# Vetting SMEs to speak to our audience

1. Difference between dietitians and nutritionists
2. Red flag SMEs
3. Fad Diets

**Live Yes!**

**2019 Live Yes! Conference of Champions**  
ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019

 **Arthritis  
Foundation®**





# Content pulled from Arthritis Foundation website

1. 12 Best Foods for Arthritis
2. 8 Foods that Cause Inflammation
3. Clean Eating
4. Misleading Food Labels

**Live Yes!**

**2019 Live Yes! Conference of Champions**  
ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019



# Creative Venue Ideas

1. Paleo friendly restaurants
2. Whole Foods, etc. Cooking demo
3. Other ideas?

**Live Yes!**

**2019 Live Yes! Conference of Champions**  
ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019



# Questions/Comments

1. Has anyone led a nutrition session at your Connect Group?
2. Other questions?

**Live Yes!**

**2019 Live Yes! Conference of Champions**  
ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019

