

Health & Wellness Committee Presents:

## Beyond Low Fat: Integrative Nutrition Strategies for Heart Health

**Featured Speaker:**

**Dionne Detraz, RD**

**Kaiser Permanente San Rafael Medical Center**

- Current accepted recommendations for the prevention of heart disease.
- The connection between inflammation in the body, heart disease and what an anti-inflammatory diet looks like.
- How stress and emotional distress effect the heart and how food can impact our mood.
- What the research shows regarding the use of supplements, herbs, super foods and functional foods for the prevention of heart disease.

### **Dionne Detraz, RD**

Dionne Detraz is a Registered Dietitian at Kaiser Permanente San Rafael Medical Center. She earned Bachelors of Science degrees in Physiology and Dietetics from San Francisco State University along with a minor in Holistic Health. She completed her Dietetic Internship in Houston, Texas at such notable institutions as the University of Texas Medical Center, MD Anderson Cancer Center, Methodist Hospital and the University of Houston. Dionne has additional certifications in holistic nutrition education and traditional herbal therapies.



Dionne has been working for Kaiser Permanente since 2000 and has worked in Health Education and Community, Worksite, and Employee Wellness since 2006. Dionne currently works as an Outpatient Dietitian in the Medicine Clinic and teaches patient classes on such topics as Diabetes, Heart Health, Kidney Health and Weight Management. She also routinely provides nutrition workshops at worksite and community events. Dionne has a special interest in wellness, prevention and the integration of evidence-based complementary strategies to western medicine.

#### **When:**

**Thursday, February 11, 2010  
11:30 a.m. -1:00 p.m.**

Healthy, local, organic lunch  
available for purchase at  
Blue Skies Café.

#### **Where:**

**Dept. of Health & Human  
Services, Connection Center  
3240 Kerner Blvd., San Rafael**

\$5 donation requested at the door for Chamber Members, \$10 for non-members.

Space is Limited!! Please pre-register.

Email: [jlark@sanrafaelchamber.com](mailto:jlark@sanrafaelchamber.com) or fax: 415-454-7039. More info, call 454-4163.

Name: \_\_\_\_\_ Company: \_\_\_\_\_  
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