



**NORTHERN ILLINOIS EMPLOYEE ASSISTANCE
PROFESSIONALS ASSOCIATION**

PO Box 81673 • Chicago, Illinois 60681-0673 • 312-458-9797

**GENERAL CHAPTER MEETING
FRIDAY, FEBRUARY 23, 2007**

SCHEDULE

8:30 am-9:15 am	Networking
9:15 am-10:00 am	Business Meeting
10:00 am-11:30 am	Program

LOCATION

Advocate Lutheran General Hospital
1775 W. Dempster Street ♦ Park Ridge, IL ♦ 847-723-2210
Olsen Auditorium (ground floor, just east of the main entrance)
Please see map and driving directions on the reverse side.

CHARGE*

Current EAPA Members	No Charge*
Non-EAPA members	\$30
Full-Time Students & Retirees	\$ 5

PRESENTERS

Bruce Bernheim, MD

Medical Director, Advocate Healthy Living Program

Dr. Bernheim is a distinguished physician with over 30 years experience in Diabetes, Weight Management, and Internal Medicine. His work in the Healthy Living Program has produced dramatic life-altering results, reversing medication dependence for diabetes, high blood pressure, cholesterol, etc., by implementing physical, behavioral, and diet and exercise programs.

Matthew Lauck, RD, LDN

Registered Dietitian and Nutrition Coordinator

Program Coordinator, Advocate Healthy Living Program

PROGRAM

Healthy Living—Why Bother?

Diabetes and obesity are becoming national epidemics. This program will explore the connection between what we eat, do, and think with our energy level, productivity, and mental health. Dr. Bernheim and Mr. Lauck will introduce concepts for healthier living and present research-based evidence and proven success of diet and exercise methods that can alter one's life. This presentation is designed to be both educational and motivational, and will discuss effects on the work environment with tips for implementing healthy living in the workplace.

PDHS and CEUs are available for Social Workers, Professional Counselors, Marriage and Family Therapists, Addiction Counselors, and Human Resources Professionals.

**If you are a member of another local EAPA Chapter, we will honor your membership and welcome you as a guest with no charge. It you do not belong to a local EAPA chapter, you will be charged the non-EAPA member fee for attendance.*