

RICE DIET EDUCATIONAL SERIES

July 2006

Mon	3rd	9:50 11:15 1:30 6:15	T'ai Chi with Dr. Jay Dunbar, PhD Weight and Intimacy with Patricia Esperon, MSW, LCSW Supermarket Sweep with Ryan Summerford MPH, RD, LDN Fireside Chat with Dr. Neelon
Tues	4th	9:45 9:45 11:15 1:30	Meditation with Dr. Jay Dunbar, PhD Weekly Orientation [for <u>new</u> pts] with Ryan Summerford MPH, RD, LDN The Cortisol Story Jeff Georgi, M. Div. Group with Jeff
Wed	5th	9:45 11:15 1:30 3:00 4:30	Yoga with Joy Anandi Listening to Relapse Patricia Esperon, MSW, LCSW Understanding Nutrition Ryan Summerford, MPH, RD, LDN Transitions group with Jeff (closed group) Biology of Dysregulated Eating Jeff Georgi, M. Div.
Thurs	6th	9:45 9:45 11:15 1:30 2:45	Mindful Meditation with Joy Anandi Weekly Orientation [for <u>new</u> pts] with Ryan Summerford MPH, RD, LDN Biology of Relationships Jeff Georgi, M. Div. Group with Jeff. Walk with the Dietitian: Bobbie Stanford, RD, LDN <i>Meet in the Rice House at 2:45 after class is over.</i>
Fri	7th	9:45 11:15 1:45	Yoga with Joy Anandi Taste of the Rice Diet Store: Sushi, Spring Rolls, and Breads with Susan Levy Lecture or Discussion Group with Dr. Neelon
Sat	8th	9:45	Yoga with Joy Anandi
Mon	10th	9:50 11:15 1:30 6:15	T'ai Chi with Dr. Jay Dunbar, PhD Do you sabotage your own success? Dr. Ronnie Kolotkin, PhD Going Home Talk with Ryan Summerford MPH, RD, LDN Fireside Chat with Dr. Rosati
Tues	11th	9:45 9:45 11:15 1:30	Meditation with Dr. Jay Dunbar, PhD Weekly Orientation [for <u>new</u> pts] with Ryan Summerford MPH, RD, LDN How to Sustain Change Jeff Georgi, M. Div. Group with Jeff

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Wed	12th	9:45 11:15 1:30 3:00 4:30	Yoga with Joy Anandi Finding Support Patricia Esperon, MSW, LCSW Decoding Food Labels Ryan Summerford MPH, RD, LDN Transitions Group with Jeff Spirituality of Dysregulated Eating with Jeff Georgi, M. Div.
Thurs	13th	9:45 9:45 11:15 1:30 3:00	Mindful Meditation with Joy Anandi Weekly Orientation [for <u>new</u> pts] With Ryan Summerford MPH, RD, LDN Getting the Support You Need Jeff Georgi, M. Div. Group with Jeff Walk with the Dietitian: Bobbie Stanford, RD, LDN <i>Meet in the Rice House at 3:00 after group is over.</i>
Fri	14th	9:45 11:15 1:45	Yoga with Joy Anandi Group with Dr. Rosati Lecture or Discussion Group with Dr. Neelon
Sat	15th	9:45	Yoga with Joy Anandi
Mon	17th	9:50 11:15 1:30 6:15	T'ai Chi with Dr. Jay Dunbar, PhD Where's the Salt? Ryan Summerford, MPH, RD, LDN Overcoming Fitness Frustration, Part I: Peggy Norwood, MA Fireside Chat with Dr. Rosati
Tues	18th	9:45 9:45 11:15 1:30	Meditation with Dr. Maya McNeilly Weekly Orientation [for <u>new</u> pts] with Ryan Summerford MPH, RD, LDN Grieving Your Way to Health Jeff Georgi, M. Div. Group with Jeff
Wed	19th	9:45 11:15 1:30 3:00 4:30	Yoga with Joy Anandi Positive Self Affirmation with Dr. Ronnie Kolotkin, PhD Transforming a Day's Intake Ryan Summerford MPH, RD, LDN Transitions Group with Jeff [by invitation only] Spiritual Aspects of Dysregulated Eating Jeff Georgi, M. Div.
Thurs	20th	9:45 9:45	Yoga with Susan Levy Weekly Orientation [for <u>new</u> pts] with Ryan Summerford MPH, RD, LDN

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		11:15	How to define your Dream Jeff Georgi, M. Div.
		1:30	Group with Jeff
		3:00	Walk with the Dietitian: Bobbie Stanford, RD, LDN <i>Meet in the Rice House at 3:00 after class is over.</i>
Fri	21st	9:45	Yoga with Joy Anandi
		11:15	Group with Dr. Rosati
		1:30	Eating and Emotions with Dr. Edward Bridges
Sat	22nd	9:45	Yoga with Joy Anandi
Mon	24th	9:50	T'ai Chi with Dr. Jay Dunbar, PhD
		11:15	Your Weight and Quality of Life with Dr. Ronnie Kolotkin, PhD
		1:30	Going Home Talk with Ryan Summerford MPH, RD, LDN
		6:15	Fireside Chat with Dr. Rosati
Tues	25th	9:45	Meditation with Dr. Jay Dunbar, PhD
		9:45	Weekly Orientation [for <u>new</u> pts] with Ryan Summerford MPH, RD, LDN
		11:15	The Social Ricer with Ryan Summerford MPH, RD, LDN
		1:30	Cooking Class with Chef JR
Wed	26th	9:45	Yoga with Joy Anandi
		11:15	Eating and Emotions with Dr. Ronnie Kolotkin, PhD
		1:30	Latest Results from the National Weight Loss Registry and the Diabetes Prevention Program Ryan Summerford MPH, RD, LDN
Thurs	27th	9:45	Mindful Meditation with Joy Anandi
		9:45	Weekly Orientation [for <u>new</u> pts] with Ryan Summerford MPH, RD, LDN
		11:15	Taste of the Rice Diet Store with Susan Levy
		1:30	Exercise - Getting Started, Staying Motivated, and Doing It Right Lonny Defelice B.S., ACE, CSCS
		3:00	Walk with the Dietitian: Bobbie Stanford, RD, LDN <i>Meet in the Rice House at 3:00 after group is over.</i>
Fri	28th	9:45	Yoga with Joy Anandi
		11:15	Group with Dr. Rosati
		1:45	Protecting Yourself from Mean People with Dr. Edward Bridges
Sat	29th	9:45	Yoga with Joy Anandi
Mon	31st	9:50	T'ai Chi with Dr. Jay Dunbar, PhD
		11:15	Super Foods to Include Ryan Summerford MPH, RD, LDN
		1:30	Overcoming Fitness Frustration, Part II: Peggy Norwood, MA
		6:15	Fireside Chat with Dr. Rosati

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BIOGRAPHICAL SKETCH OF GUEST SPEAKERS

Lonny Defelice, B.S., ACE, CSCS

Lonny Defelice is the co-owner of Functional Fitness, which specializes in individual and small group training, post-rehab conditioning, and exercise consultations. Lonny has a Bachelor's Degree in Kinesiology and a minor in Nutrition from Pennsylvania State University. In addition, he is a Certified Personal Trainer by the American Council on Exercise (ACE) and a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA). Although Lonny works with a variety of clientele, he has considerable experience working with individuals attempting to lose weight and those who are trying to prevent/treat osteoporosis. Lonny also provides expert advice to the readers of the Herald Sun.

Maya McNeilly, PhD

Dr. McNeilly is a licensed clinical psychologist with a specialty in medical and health psychology. She has been on faculty at Duke for 19 years, conducting research on stress and its effects on the body, mind and emotions, as well as on stress-induced eating. She also teaches mindfulness meditation through Duke Integrative Medicine and has been a practicing psychotherapist for 24 years

Patricia Esperon, MSW, LCSW

Patricia Esperon is a Magna Cum Laude graduate of Duke University. She received a Masters in Social Work from University of North Carolina at Chapel Hill in 1991, where she received the Katherine Banham scholarship for her work in the area of mental health. Ms. Esperon was a therapist and lecturer at the Duke Diet and Fitness Center from 1995 – 2002. While at the Duke Diet and Fitness Center she addressed numerous topics associated with weight management such as Perfectionism, Weight and Sexuality, and Binge Eating. Since opening her private practice Ms. Esperon has continued working with clients who are struggling with weight disorders, as well as depression, anxiety, and trauma. In addition, Ms. Esperon has provided psychological evaluations for patients considering gastric bypass surgery at the Duke University's Bariatric Clinic. Ms. Esperon has been quoted in such national magazines as Good Housekeeping, Shape, My Generation, and Real Simple and appeared on the television program 60 Minutes.

Peggy Norwood, MA

Peggy Norwood, M.A. is an exercise physiologist with an extensive background in obesity, exercise and weight control. She served as fitness director for the Duke University Diet and Fitness Center from 1990 to 1996. She then started her own personal training and consulting business and moved to Miami to head the fitness program for the Pritikin Diet Center from 1999 to 2001. She is now living and working independently in Durham. In her presentation, she will explore some common misconceptions about exercise, particularly as it applies to

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weight loss and maintenance, and she will give practical suggestions to get the results you want from your workouts.

Ronnie Kolotkin, PhD

Dr. Ronette “Ronnie” Kolotkin is a clinical psychologist in private practice who for over 20 years has specialized in the treatment of obesity, binge eating, and issues related to improving the quality of life of persons with obesity. She is the former director of the Behavioral Program at the Duke University Diet and Fitness Center, co-author of a book on obesity treatment, developer of an audio CD for weight loss, and developer of a questionnaire that assesses the impact of weight on quality of life.