



**2012 Amerinet Member Conference**  
**May 15-18, 2012**  
**Rio All-Suite Hotel and Casino, Las Vegas, Nev.**

Track: Food Service and Nutrition  
Day: Friday  
Date: 5/18/2012  
Slot: 3  
Time: 8:45 - 10:15 a.m.

**Title:** Workplace Nutrition Wellness

**Primacy Audience:** Foodservice Directors/Administrators, Managers, Supervisors, Buyers, Dietitians, Nutritionists

**Other relevant disciplines:** Nursing, Pharmacists, Procurement, Employee Health Services, Human Resources

<b>CE awarded:</b>	Dietary Managers	CBDM
	Dietitians	CDR
	Culinary (Chef)	ACF
	Nursing	ANCC

**Description:** The session addresses the benefits of an At Work Wellness program, and factors to consider when developing a nutrition wellness program. Learn how one hospital developed a Nutrition Wellness Program. Nutrition Key elements such as “At work Weight Management”, the use of Telehealth in nutrition counseling, and creating a Nutrition Wellness brand are explored.

Nutrition related projects such as: No soda challenge, fruit and vegetable challenge, and lunch and learn programs are discussed. In addition, participants are shown how developing partnerships with other departments such as Social Work, Integrative Medicine, and Human Resources can enhance employee wellness.

**Objectives:**

- Review the global relevance for a Nutrition Wellness Program.
- Develop an At Work Program Weight Management Program.
- Outline how to leverage technology to provide nutrition counseling via a Telehealth Program.
- Plan how to create a Nutrition Wellness Brand.
- Develop partnerships to create Lunch and Learn and Building Employee Resilience Programs.

**Speaker: Dr. Veronica McLymont** is currently the Director of Food and Nutrition Services at Memorial Sloan-Kettering Cancer Center (MSKCC) in New York. Dr. McLymont is a Registered Dietitian, and Certified Dietitian-Nutritionist. She holds a Masters Degree in Nutrition from Hunter College, and a doctoral Degree in Organization Leadership at the University of Maryland Eastern Shore.

Dr. McLymont is a former President of the Rockland/Westchester Dietetic Association, and former Nominating Committee Chair of the Clinical Nutrition Management Dietetic Practice Program. Dr. McLymont is a board member of the Healthcare Foodservice Administrators' Association. She is a member of ADA's/AND's International Dietetics and Nutrition Terminology (IDNT) Advisory Panel, and was among the first to successfully launched the Nutrition Care Process and Model. At MSKCC, she developed evidence-based practice guidelines, and integrated nutrition screening into adult and pediatric initial assessment tools. Dr. McLymont is a strong proponent for patient centric care, optimizing patient outcomes, and was actively involved in launching the Hospital's groundbreaking room service program, one of the first in the North East.

In 2008, Dr. McLymont was voted a "Trend Setter" by The American Society for Health Care Foodservice Administrators. In March of 2011, Dr. McLymont received the prestigious award as one of the 25 Most Influential Black Women in Business, from the Network Journal; a business magazine. Dr. McLymont is the author of a text book chapter on Nutritional Care of the Cancer Patient, in Cancer Rehabilitation; Principles and Practice, and is quoted in several publications. Under her leadership, overall patient satisfaction for meals improved exponentially up to the 99th percentile. The work of her department's culinary and clinical teams received national attention in the New York Times, on ABC and CBS television, and the Rachael Ray show.