

A Feastival Celebration: Nourishing Healthy Communities with Food & Faith

Date: Monday, October 10, 2011 (school holiday)

Time: 8 - 9 am: Registration, Breakfast and Networking
9 am: Opening Plenary: To Nourish

Reverend Kirsten Peachey, MSW, MDiv, DMin Advocate Health Care
In our culture, we struggle with lifestyles that separate us from what we know is really important: community, family, connection to the earth, spiritual practice, and embodiment. This interactive plenary will explore the consequences of this struggle to our health and help us tap the wisdom we already carry about how to make it better.

10:30 am – Exploration of Faiths: Wisdom for Eating Well
Across Religious Traditions - Explore how different religious traditions integrate food into their faith practice

Presenters include Graciela Contreras, Ministerio de Superacion y Justicia Social; Shiva Eidi, Ismaili Community Engaged in Responsible Volunteering (I-CERV); Veronica Kyle, Faith in Place; Hema Pokharna, representative of Jainism; Dr. Sudha Rao, Hindu Temple of Greater Chicago; Diane Tieman, Alexian Brothers; Jill Zenoff, The Gan Project.

12:30 pm – Lunch

Afternoon Workshops: Building our Nourishing Skills
2 – 3 pm: Workshop Session 1 (listed below)
3:15 – 4:15 pm: Workshop Session 2 (listed below)
4:30 pm: Closing Plenary

\$18 per person, \$9 for school-aged children. Breakfast, lunch, parking and access to zoo included in cost for arrivals BEFORE 10 am. School-aged youth activities are included in program. Online registration requires credit card; if you'd prefer not to use a credit card, or if you are registering a large group, please call Olga at 847.352.3513. Scholarships available. Please dress comfortably.

Location: Brookfield Zoo Discovery Center - must enter at South Gate
8400 31st St., Brookfield, IL 60513

Registration: at www.advocatehealth.com/feastival
or by calling 1.800.3.ADVOCATE (1.800.323.8622).

*Youth program begins
*Optional lunch conversation on funding and resources

Date:

Time:

Cost:

Location:

Registration:



Advocate Health Care
205 Touhy Avenue
Park Ridge, IL 60068

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I-CERV (Ismaili Community Engaged in Responsible Volunteering) HCI (Healthcare Consortium of Illinois)

An interfaith summit focused on food, faith and active living.



Youth Activity Track

Katy Regalado, Faith in Place Youth Programs

Group A, Grades 1-4

Eating and Community Building: Circle Toss and Changing River; Bear Trout Mosquito Game; Nature Walk & Scavenger Hunt; Naming Our Senses and Using Them; Leaf Pounding; Web of Life and Processing

Group B, Grades 5-8

Eating and Community Building: Circle Toss and Changing River; "Are You Starving?" Lesson from Just Eating? Curriculum; Web of Life and Processing; Leaf Pounding; Silk-screening

Group C, Grades 9-12

Eating and Community Building: Circle Toss, Human Knot; Silk-screening; Web of Life and Processing; Are You Starving?; Nature Walk



Adult Workshop Session 1, 2 – 3 pm

A Living Sacrifice: Eating with SOUL

Reverend Jackie Belile, Living Well Ministries

Workshop will cover spiritual practice which nourishes our whole selves by connecting the food we eat with Source, Oppressions, Unity and Life Cycles. Attendees will gain insight to support healthy efforts by connecting sometimes disparate arenas: prayer/ritual, functional eating, community formation and social justice work.

CLE Fun-shop on Composting: Renewing Ourselves, Renewing the Earth

Barbara Waller, Cool Learning Experience

Cool Learning Experience will present an interactive workshop on the techniques and requirements for composting food waste into rich soil to grow food from the Cool Learning Experience (CLE) summer gardening program. Presenters, including the youth enrolled in CLE, will relate composting and care for the earth to faith.

Yoga: Integrating Faith Practice and Physical Well-Being

Ali Niederkorn

This yoga program is designed to tap into shared themes universal to all major world religions, and connect physical practice to faith practice. Participants will explore yoga as an approach to unifying both the inner path of contemplation and the outer path of action.



Cooking for a Healthier Life (I)

Melissa Graham, Purple Asparagus

Workshop will help participants improve traditional recipes to be flavorful and more nutritious. Participants will taste test and go home with ideas on modifying their family's favorite recipes, or even plan for a congregational cooking competition.

Safe Routes to Worship

Leslie Phemister, Active Transportation Alliance

Participants will learn about easy ways to include activity in their routine, how to improve their communities to make active transportation easier, and take part in an activity to emphasize the ease of walking and biking to worship.

Adult Workshop Session 2, 3:15 – 4:15 pm

Chair Yoga: Honoring Your Body, Feeding Your Spirit

Angela Nicolesi, Registered Yoga Teacher (RYT500)

Chair yoga will focus on gentle but effective exercises connecting movement to breathing, quieting the mind, and feeding the spirit, all while sitting in a chair. Wheelchairs welcome.

How to Get Going and Growing In Your Congregation

Master Gardener Paula Anglin, Robert Nevel co-leads

Workshop gives an overview for beginning a garden for community or individual use. Leaders will discuss how gardens instill reverence for God's gifts of the earth and community and ignite excitement within your congregation for connections and teamwork. Participants should expect to get their hands dirty, and bring their questions for the Master Gardener Paula Anglin. Robert Nevel co-leads.

Tools That Will Get Your Congregation MOVING!

Jacqueline Carson, Temple Fitness

Participants will be introduced to various fitness related programs that can get their congregation moving.

Cooking for a Healthier Life (II)

Ranjana Bhargava

This workshop will include information on the use of spices and Indian cooking techniques to make recipes more flavorful while still nutritious. Participants will be able to taste test and go home with nutrition tips.

Starting Out Right: Important Nutrition for Moms and Babies

Tikvah Wadley, Health Connect One; Hannah Mitter, RN, co-leads

This workshop explores how healthy eating and breastfeeding support the future health of mothers and children. Learn easy, simple ways to increase support for their moms-to-be and breastfeeding families in your congregation.

