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“Healthy Decisions in a Fast-Paced World” lunch session to help steer ‘Hatters to healthier lifestyles

Second in a series of Vital Munch lunches unveiled today

Medicine Hat, Alberta (January 26, 2010) – In continuing to bring issues from Medicine Hat’s Vital Signs to the forefront, the Community Foundation of Medicine Hat and Southeastern Alberta unveiled today the second session in a series of Vital Munches.

“Healthy Decisions in a Fast Paced World” will be the topic of discussion at the free lunchtime seminar, set to take place February 8, 2010 from 12 – 1:30 PM in the Honor Currie Room in the Medicine Hat Public Library. Attendees are welcome to bring their own lunch, and the foundation will provide beverages.

Panel members will include dietician, food columnist and best-selling cookbook author (“The Big Cook”) Joanne Smith, and Ed Stiles, Certified Exercise Physiologist and owner/operator of Peak Performance Fitness Services.

“We are thrilled that Ed and Joanne will be joining us for this important discussion,” said Jennifer Thompson, Community Impact Coordinator. “Ed is very well known in the community for his insight into personal fitness and is dedicated to helping people improve their lives through exercise. Joanne’s experience teaching families to eat healthier through her work, column and cookbook will benefit all those in attendance as well. Ed and Joanne are both well respected and we are grateful that they are taking time from their busy schedules to help create a healthier community.”

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The panel members' presentations will be based on making healthy decisions in today's fast-paced world. Topics covered will include healthy restaurant choices, quick and healthy family meals, as well as how to fit in exercise routines at home or in the office without going to the gym. A moderated question and answer period will follow.

This Vital Munch follows November's successful topic of "Waste Not, Want Not," which gathered community members and panellists to discuss the future of recycling in Medicine Hat. Thompson said that Vital Munches are a series of lunchtime information sessions meant to be a follow-up to the Vital Signs publication and help the community answer important questions that it may create.

"One of our favourite parts of the Vital Signs publication is our Vital Activity portion: it answers 'so what,' 'what's next?' or 'what can do we about this?'" Thompson said. "Vital Signs presents citizens with a plethora of information. For Vital Activities such as this, we take that information and decide what will make good topics of conversation in the community."

Once again, the online public is invited to follow the discussion live through the foundation's Twitter account (@CFMH). Questions for the panel will be accepted through Twitter, the foundation's Facebook page or email at jennifer@mhcf.ca.

No reservations are necessary to attend the February 8 Vital Munch. For more information, contact Jennifer Thompson at (403) 527-9038 or jennifer@mhcf.ca.