

# WOMEN'S HEALTH & NUTRITION SUMMIT

hosted by  
**WAMDA**  
WESTERN AREA MASSACHUSETTS DIETETIC ASSOCIATION

Sponsored by 

 **CULINARY ARTS INSTITUTE**

## Strong at Every Age

JOIN US FOR A HALF-DAY EDUCATIONAL OPPORTUNITY

Geared toward the healthcare professional and health-focused community member alike, this summit will provide practical strategies, emerging research insights, and real-world applications to support optimal health at every life stage.

This impactful summit will highlight:

- ✦ Evidence-based nutrition strategies for those on GLP-1 therapies (Nicole Knee, MPH, RD, CSOMN)
- ✦ Optimizing muscle and bone health through targeted nutrition and physical activity strategies (Kathy Jordan, MS, RDN, CPT)
- ✦ Supporting hormonal health from early adulthood through later life (Carly Detterman, CNM, MSCP)

# April 11<sup>th</sup> 2026

## 9 am - 1 pm

THE CUBIT  
HCC CULINARY ARTS INSTITUTE  
164 RACE ST.  
HOLYOKE, MA 01040



## \$75/person

LIGHT BREAKFAST &  
LUNCH INCLUDED

Group and student rates available.  
Inquire at: [wamdatreasurer@gmail.com](mailto:wamdatreasurer@gmail.com)



Register with QR code or:  
[www.wamda.org/events-1](http://www.wamda.org/events-1)

Registration opens March 12th

**CEUs  
pending  
for RDNs!**