



Do You Have Too Much To Do? Would You Like Help Making a Few Meals?

December can be a busy time but Third District can help! Nurses said their lives were stressful and needed help getting life in balance. Third District invites everyone to our first *Cook and Learn* education program:

OPTIMUM NUTRITION

By Dianne Hansen, BSN, PhD, AHN-BC

Monday, December 8, 2008

5:30 – 6:30 pm -1 C.E. 6:30 – 7:30 pm - Meal prep

Location Supper Thyme, 10978 Cedar Lake Road, Minnetonka, MN 55305

www.supperthymeusa.com (952) 525-1121

Purpose It is always difficult to eat healthy, wholesome food around the holidays. Most nurses are working, shopping and trying to prepare for family and friends get-togethers leaving little time for good food preparation. In this work shop you will learn how to make every meal nutritious and free of preservatives while cooking ahead for a few days with your fellow nurses.

Learning Objectives After completion of this program the participants will be able to:

1. Identify holiday nutrition priorities
2. Choose nutrient-dense foods for healthy meals

NOTE: You must register at both Supper Thyme and Third District Nurses for this event. For Supper Thyme registration details, please go to Third Districts' web site, click on "About us", then "Member news". Or call Third District at 952- 920- 9860.

Register at the Supper Thyme web site, between October 15 and December 1, 2008.

CE Fees paid to Third District Nurses:	Member	Non Member
One Contact Hour	\$0.00(free)	\$16.00
Food Prep paid to Supper Thyme:		
Minimum purchase of 3 meals*	\$69.00 (take home)	\$69.00 (take home)
Total Cost	\$69.00	\$85.00

**Each meal serves 4-6 people and can be divided into half meals for smaller families.*

Third District Registration

You qualify for 'Member Rates' if you are a member of MNA Districts 1 -12 or if you are enrolled in the '3D Privileges' program.

Payment Method: Enclose check payable to 3rd District Nurses, or Charge to Visa, Discover, or Mastercard

3rd District Cost: **Free*** for District members/3D Privileges **\$16*** - Non-members

Did you register with Supper Thyme*? yes no

CC# _____ Exp Date _____ / _____

Name _____

Employer _____

Address _____ City _____ St _____ Zip _____

Email _____ Work Phone _____ Home Phone _____

*Minimum purchase of three *Supper Thyme* meals for \$69 is required.

Send registration and payment to: 3rd District Nurses, 4445 West 77th Street, #121, Edina, Minnesota 55435, Tel:952-920-9860
Fax 952-920-8689, email: ktiede@nursesCE.org, website: www.nursesCE.org