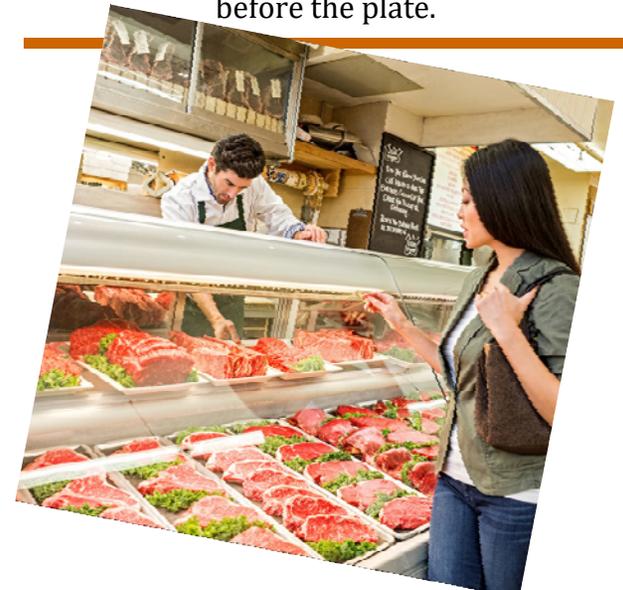


# Nutrition Educators Training

Friday, December 6, 2019  
10 a.m.—3 p.m.

MU Extension in Adair County  
503 E. Northtown Road  
Kirksville, MO

Hear from experts on navigating the alternative protein market place, the impact of diet on the gastrointestinal microbiome, nutrition's impact on the brain and cognition, and a session on Beef: before the plate.



 **Extension**  
*University of Missouri*

## Who can attend?

Professional educators with an interest in health and nutrition.

## How to enroll:

- Registration fee for non-University of Missouri employees is \$15.00
- Nutrition Program Associates (NPA's) from University of Missouri Extension Northeast Region, contact your FNP Coordinator for registration information.

## Enrollment Deadline:

Friday, November 29, 2019.

## Directions

The Adair County Extension Center is located at 503 E. Northtown Road, on the north end of Kirksville (close to Wal-Mart).

The meeting will be held in our basement meeting room.

University of Missouri Extension provides equal opportunity to all participants in extension programs and activities, and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of their race, color, religion, sex, sexual orientation, national origin, age, disability, or status as a protected veteran.

## Registration Form—Nutrition Educators Training

Name: \_\_\_\_\_ Title or Business (if applicable): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Registration Deadline: Friday, November 29.

Enclosed is my check for \$15.00 payable to Adair County Extension

Mail check to: Nutrition Educators Training, MU Extension, 503 E. Northtown Road, Kirksville, MO 63501

For more information: Please contact Margo Myers at 660-665-9866.

## Nutrition Educators Training

- 10 a.m. ***Navigating the Alternative Protein Marketplace***  
Dr. Bryon Wiegand  
Associate Professor of Meat Science, University of Missouri-Columbia
- 11 a.m. ***The Impact of Diet on the Gastrointestinal Microbiome***  
Leila Shinn, MS, RDN, LDN  
Predoctoral Fellow, University of Illinois at Urbana-Champaign
- 12 p.m. ***Courtesy Lunch***
- 1 p.m. ***Nutrition's Impact on the Brain and Cognition***  
Dr. Chris Zwilling  
Postdoctoral Fellow, Beckman Institute, University of Illinois at Urbana-Champaign
- 2 p.m. ***Beef: Before the Plate—The Science and the Story***  
Kirsten Angell, RD, LD, CDE  
Link 4 Nutrition, Gove, Kansas



3 p.m. ***Program Concludes***

If you need accommodations because of a disability, if you have emergency medical information to share, or if you need special arrangements in case the building must be evacuated, please inform us immediately at 660-665-9866.

## ABOUT OUR SPEAKERS



### ***Dr. Bryon Wiegand***

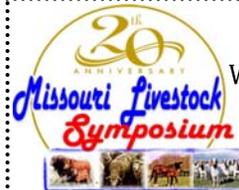
Bryon Wiegand is an associate professor of meat science in the Department of Animal Sciences in the MU College of Agriculture, Food and Natural Resources.

He established the meat science research program at MU, as well as a summer study-abroad course for undergraduates interested in food science. From cultivating introductory animal science knowledge among consumers to nurturing the growth of future meat scientists, Wiegand views education as the tie that binds his duties in teaching, research and outreach. His students and colleagues say Wiegand has distinguished himself through his empathy and accessibility, his passion for teaching and his wide-ranging knowledge.



### ***Leila Shinn, MS, RDN, LDN***

Leila Shinn received her B.S. in Food Science and Human Nutrition from the University of Illinois in Urbana-Champaign in 2015 and M.S. in Clinical Nutrition from Rush University in Chicago, Illinois in 2017. She is also a Registered Dietitian Nutritionist. Currently, she is a 2nd year PhD Candidate in Dr. Hannah Holscher's Nutrition and Human Microbiome Laboratory. Her dissertation research focuses on how single, whole foods impact the gastrointestinal microbiome, metagenome, and metabolome.



December 6 & 7, 2019  
William Matthew Middle School  
Kirksville, MO

[missourilivestock.com](http://missourilivestock.com)



### ***Dr. Chris Zwilling***

Dr. Zwilling completed his MA in Psychology at the University of Missouri and earned a PhD in Psychology from the University of Illinois. He is currently a postdoctoral fellow at the Beckman Institute for Advanced Science and

Technology. Dr. Zwilling's research includes nutritional cognitive neuroscience, an emerging field of study that seeks to understand how diet and nutrition impact the brain and cognitive function. His current work seeks to understand dietary patterns that result in healthy brain and cognitive aging and how nutritional supplementation can benefit cognition in healthy, adult populations.



### ***Kirsten Angell, RD, LC, CDE***

Kirsten comes from a varied background of professions but since becoming a dietitian, Kirsten has worked in the clinical and community settings providing nutrition education and coaching in a wide variety of areas of dietetics and health and wellness. In an effort to reach more rural Americans and because of her passion for the ag community, Kirsten is transitioning her business to helping farmers and ranchers live healthy lives and to being an advocate for production agriculture through her group presentations focused on "Both Sides of the Plate".

Kirsten Angell is sponsored by the National Beef Checkoff, Iowa Beef Industry Council and the Missouri Beef Industry Council.

