



**KATHLEEN BABINEAUX BLANCO**  
LIEUTENANT GOVERNOR

**State of Louisiana**  
OFFICE OF THE LIEUTENANT GOVERNOR  
DEPARTMENT OF CULTURE, RECREATION & TOURISM  
MANAGEMENT AND FINANCE

**PHILLIP J. JONES**  
SECRETARY

**MATTHEW A. JONES**  
UNDERSECRETARY

## **HUMAN RESOURCES MEMORANDUM NO. 03-064**

**July 25, 2003**

**TO:** Lt. Governor, Secretary, Undersecretary, Assistant Secretaries, Deputy Assistant Secretaries, Program Managers

**FROM:** Mary F. Ginn  
Human Resources Director

**SUBJECT:** **A Lunch and Learn Workshop - "Eating Healthy"**  
*(Another in our series of informational meetings on health, safety, & well being.)*

**"Eating Healthy"**  
**Nutritionists Angelina Stratton, LDN, RD and Nancy Kora, LDN, RD**  
**Pennington Biomedical Research Center**  
**Tuesday, August 12, 2003, 11:30 a.m. - 1:00 p.m.**  
**Seminar Center, State Library**

LOSE 20 POUNDS IN 48 HOURS!!! Did this catch your attention? No, the department is not sponsoring a weight loss program, but as part of our continuing effort in promoting a safe and healthy workplace, we have invited two top nutritionists, Nancy Kora and Angelina Stratton, from the Pennington Biomedical Research Center for another Lunch & Learn Workshop. These nutritionists will give a presentation on fad diets and developing a healthy eating lifestyle. This is sure to be a crowd pleaser, so sign up today.

Please complete the attached registration form and submit it to the Human Resources Office or register on-line on "Channel Z" no later than 12:00 noon on August 8, 2003. Employees can purchase lunch from Bonanno's Fine Catering or bring their own lunch.

Attachment

A "LUNCH AND LEARN" WORKSHOP  
"Eating Healthy"  
Nutritionists Angelina Stratton, LDN, RD and Nancy Kora, LDN, RD  
Tuesday, August 12, 2003, 11:30 a.m. - 1:00 p.m.  
Seminar Center, State Library

**REGISTRATION FORM**

**Please Print**

Name \_\_\_\_\_  
Department \_\_\_\_\_ Phone # \_\_\_\_\_

\_\_\_\_\_ Include me in the Buffet Lunch of Tossed Greens with Assorted Fresh Fruit, Tossed Caesar Salad with Grilled Chicken, Pasta Salad with Grilled Vegetables, and Cookies – Approximately \$4.50\*

**\*Price is contingent on the number of employees ordering lunch.**

**IMPORTANT:** If you are unable to attend after making a reservation and fail to notify us, please understand that we must consider this registration a guarantee for your payment.

**Payment Choice:**

\_\_\_\_\_ I will pay at the meeting (please pay by check).

**OR**

\_\_\_\_\_ I will attend the presentation but will not participate in the lunch.

**Signatures:**

EMPLOYEE \_\_\_\_\_ Date \_\_\_\_\_  
SUPERVISOR \_\_\_\_\_ Date \_\_\_\_\_

**Please Post and Circulate**