

## Bismarck: “De-Coding Vitamin D”



Many of us are not getting enough of this important vitamin - especially those who live in Northern latitudes. This program will teach you the functions of Vitamin D, reasons we need it and ways we can obtain it. We will also address current recommendations and the fact that growing research suggests we may need more than what is currently recommended. This lesson will discuss practical and realistic approaches to meeting the daily requirements for Vitamin D.

Presenter: **Megan Myrdal, Extension Agent, Burleigh County NDSU Extension Service**

## Fargo: “Clutter’s Last Stand”



Is your home (or office) overrun with clutter? Are you a pack rat and have way too much stuff? Do you have piles of papers or photos waiting to be organized? If you don't know where to start, start by attending this presentation and get clutter under control!

This program will address ways to de-clutter your house as well as your life.

Presenter: **Rita Ussatis, Extension Agent, Cass County NDSU Extension Service**

## Agenda

5 p.m.	Registration
5:30-6:30 p.m.	Social/Dinner
6:30-7:30 p.m.	Program
7:30 p.m.	Adjourn

*Gifts for all who attend!*

*Dress: Casual/Comfortable*

*Please note all times indicated are “central time.”*

## ESAND Regional Meetings

### Registration

*Please indicate which meeting you will be attending*

- April 26, 2011 — Bismarck
- April 28, 2011 — Fargo

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- \$20 REGISTRATION ENCLOSED  
(includes meal)

Deadline to register:  
Bismarck—April 21  
Fargo—April 26

Name

Position

School

Address

School Phone

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Make checks payable to **ESAND** and mail to:  
ESAND  
121 E Rosser Avenue  
Bismarck, ND 58501



## Presenters

**Megan Myrdal** is an Extension Agent and Licensed Registered Dietitian for the Burleigh County NDSU Extension Service. In this position, she serves the residents of Burleigh County by providing community education in the areas of food nutrition, food safety, personal finance management and parenting. Prior to accepting this position in August of 2010, she completed her dietetic internship with Loyola University in Chicago and a Nutrition Communication internship with Porter Novelli Public Services in Washington, DC.

**Rita Ussatis** has been with the NDSU Extension Service for 24 years. She has worked in Pembina, Cavalier, Walsh and presently in Cass County. Rita has both a BS and MS from NDSU in Food and Nutrition. She currently services on the ND Board of Dietetic Practice and also is an Accredited Financial Counselor.

Bismarck—April 26  
Ramkota Hotel—Cannonball Room  
800 S 3rd Street

Fargo—April 28  
Expressway Suites—Dakota Room  
4303 17th Avenue S

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### Educational Secretaries Association of North Dakota

A Division of NDCEL

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Bismarck, ND 58501

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### Educational Secretaries Association of North Dakota

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April 26, 2011—Bismarck  
Ramkota Hotel  
Cannonball Room

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### Clutter's Last Stand

April 28, 2011—Fargo  
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Dakota Room

