

GNHC NUTRITIONIST ACTIVE IN COMMUNITY

*Our longtime nutritionist, Michelle Davila, RD, LD, CE, keeps a very busy schedule at GNHC, providing outstanding nutrition counseling, diabetes education, and other related services to many of our patients. For more than 10 years, Ms. Davila has also provided outreach services to the community, in a myriad of settings. "We are so pleased that Good Neighbor Healthcare Center is so actively involved in the community. In fact, I can't imagine GNHC **not** being involved in the community," remarks Janet S. Donath, Executive Director. "Michelle connects beautifully to every group of people she meets. This is important, because the information she discusses in her classes is so very crucial to so many people."*

Some of Ms. Davila's community projects include:

March of Dimes Caring Cradles (June 5, 2009)

Ms. Davila participated in the annual MOD Caring Cradles event held at KTRK, Channel 13. This event focuses on the importance of prenatal care. It is a city-wide baby shower where baby items are donated at the Channel 13 studios, and a live program is televised from 9am-10am. Ms. Davila was interviewed during the live program on the importance of healthy eating during pregnancy, and the importance of breastfeeding.

Scarborough Elementary School (June 23, 2009)

Ms. Davila provided Nutrition Education on Diabetes to the parent's group at Scarborough Elementary School.

B.O.U.N.C.E (Behavior Opportunities Uniting Nutrition, Counseling and Exercise) (July 6-24, 2009)

This program is a four week summer camp at the University of Houston targeting at-risk Hispanic girls ages 9-14. Ms. Davila will conduct nutrition classes once a week for the parents of the summer camp participants. These classes will be conducted in Spanish. Several GNHC patients will be participating in the program this year.