

**“Mindful Eating: How to Make Peace with and Create a More Joyful Relationship with Food”**

**&**

**“Oral Health and Dentifrice Considerations”**



**Karen Mangum MS, RD, LD**

Who hasn't gone on a diet or is it too many to count? With every new diet you've tried and failed you've set yourself on a path of frustration, discouragement, self loathing and a seriously toxic relationship with food. Is this how you want to live your life? In fear of food, feeling guilt every time you put something unhealthy into your mouth, fretting about your weight, overthinking what you're going to eat next? If you want a more healthy relationship with food and your body, you'll enjoy hearing registered dietitian and nutrition therapist Karen Mangum speak about how to become a more mindful and intuitive eater. Learn to tap into your own body wisdom to create a sustainable pattern of eating you can live with the rest of your life.

With 36 years experience as a registered dietitian, Karen has helped hundreds of clients make life-long changes in their health through sound, evidence-based principles including over 17 years experience in bariatric (weight loss surgery) medicine at St. Luke's. She currently provides private and group nutrition counseling services at Idaho Nutrition Associates as well as Wholist Health.

She loves to create recipes - which came in handy while raising five active kids! In fact, she wrote for Cooking Light and Weight Watchers magazines for years and now manages her own food blog at [www.karenmangum.com](http://www.karenmangum.com). Check it out for quick and easy, nourishing and delicious recipes.

She's an expert in Intuitive and Mindful Eating practices - guides to making peace with food with a resolve to support ourselves with loving acceptance. Karen's professional passion and greatest joy is helping her clients seek life-changing solutions to their desired health goals.



**Kristin Evans RDH, BS**

Baking soda is a hot topic in dentistry right now and how it can impact our lives, our families lives and our patients lives.

Kristin graduated with a BS in Dental Hygiene from ISU in 1992 and has worked in private practice for 27 years. Currently she works for the same dental practice that she started in 26 years ago, since returning back to Boise. She works 2 days a week and loves her office staff and wonderful patients. She loves being a dental hygienist because it has allowed her the opportunity for both a successful career and raising a family. She has a supportive husband, 3 wonderful children and a daughter in law with 2 grandpuppies. This past August she became an empty nester, which lead her to a new part-time career as Idaho's Professional Educator for Arm & Hammer Oral Care. She has really enjoyed the opportunity to meet and educate fellow dental professionals. It is a huge blessing to her life.

*karen mangum*  
**NUTRITION**

**DATE:**  
February 6, 2020

**PLACE:**  
Patterson Dental Supply  
9067 W. Barnes Dr  
Boise, ID

**TIME:**  
Dinner: 6:00 pm  
Speakers: 6:15 pm

**RSVP:**  
Melissa Longgood  
Mlonggood.rdh@gmail.com

SPACE IS LIMITED

Members: Free  
Non-Members: \$20