



Head of School, Professor David Crawford has pleasure in inviting you to the

School of Exercise and Nutrition Sciences Alumni and Networking Event

Wednesday 26 August 2015

6:00-9:00pm

at Deakin University, Richard Searby Room

Renowned Australian in Sports Nutrition, Karen Inge, will deliver the keynote presentation:

'Karen Inge, – Future Gazing – One Small Step for Nutritionist, One Giant Leap for Wellbeing

Accredited practising dietitian Karen Inge is an author, plus regularly appears on lifestyle and current affairs and news TV programs providing specialist nutrition comment. She also has a weekly 3AW radio segment with top rating announcer Denis Walter.

Karen is widely recognised for her ground breaking work in sports nutrition in Australia. As the first dietitian appointed to an AFL club and later developing innovative nutrition strategies to help Hawthorn Football Club achieve their dominant position over many seasons, Karen's sports nutrition work included nutrition advisor to the Australian Ballet Company, founding Head of Nutrition at the Victorian Institute of Sport and culminated in her role as President of Sports Dietitians Australia.

She was the first dietitian to be made a Fellow of Sports Medicine Australia and an inaugural Fellow of Sports Dietitians Australia.

The seminar will be followed by drinks and canapés.

We look forward to seeing you there.

Yours sincerely

A handwritten signature in blue ink that reads 'David Crawford'.

Professor David Crawford
Head of School

RSVPs for attendance are essential by Friday 14 August 2015

For more information please contact Kerry Becchetti on 03 9244 6719 or email

kerry.becchetti@deakin.edu.au, or register online at:

<https://www.eventbrite.com.au/e/alumni-2015-tickets-17317476037>



Well known as the nutrition writer for the Australian Women's Weekly for over 17 years, plus her comments appearing in print media and radio, Karen is asked to present to the medical and dietetic professions, corporate, legal, education and sporting communities as well as the media and general public.

Karen won the Food Media Club Award for best nutrition writer for her book "Let's Eat Right for Families" and also wrote Food Fitness and feeling Good. She co-authored the award winning book Food for Sport and Food for Sport Cookbook and has contributed to several other books including state of the art text books on Clinical Sports Nutrition and Medicine.

Karen provides specialist consultancy services to food producers and industry bodies. She was a board member of the Coeliac Research Fund and is a board member of St Vincent's Institute of Medical Research. Karen is also an ambassador for Fareshare, a food rescue organisation.

Her other passion, culinary nutrition, has led her to creating a food destination at the Flinders Hotel on the Mornington Peninsula with a cooking school opening later in the year showcasing local produce. Karen's experience in the area of food and hospitality nutrition consulting ranges from Olympic Games food halls to menu selection programs for schools, sporting venues and other off site catering. Karen is also a partner in the food company Dineamic and has co-founded Culinary Nutrition Lab working closely with chefs to consider nutrition as part of their tool kit.