

Dagenhardt Speaks to South MeDeri Chapter of the American Business Women's Association



Holly Dagenhardt

Holly Dagenhardt, a registered dietician, was the speaker at the South MeDeri Chapter of the American Business Women's Association's recent meeting at the Odd Fellows Lodge. President Connie Morrison opened the meeting by introducing the executive board, guests Anna Jean Bustle of Llederi Chapter ABWA and Irene P. Blackburn of Metrolina Chapter ABWA and special guest Kerrie Lee Floyd.

Gale Beaver, treasurer, led the ABWA invocation and Pledge of Allegiance.

Iredell County Offices Closed

Iredell County offices will be closed Thursday and Friday, Nov. 27-28, in observance of Thanksgiving. Solid Waste and the transfer stations will be closed

Morrison introduced Dagenhardt, who presented a program on nutrition, heart disease and how it affects women.

Dagenhardt received her masters in family and consumer sciences from Appalachian State University and a bachelors in public health from the University of North Carolina at Chapel Hill. She is a nutrition consultant through contract to Grace Ridge Retirement Community in Morganton, Hickory Foundation YMCA and Unifour Medical Research Associates. She is also aerobics instructor at Hickory Foundation YMCA and for Catawba County Health Department. She is active in the American Dietetic Association, Foothills Dietetic Association and an active member at First United Methodist Church of Hickory.

To begin her presentation she passed out sheets to each member asking, "Do You Know How to be Good to Your Heart?" The sheet covered good cholesterol and bad, the difference between fats, knowing your cholesterol limits, how to dash away high blood pressure by eating a diet rich in low-fat dairy, fruits and vegetables and cutting back on sodium. She also covered quitting smoking, losing weight and exercising, properly using

fibers and soy, the benefit of a "little" wine, a little garlic, nuts, fish and even chocolate. She also advised everyone to remember exercise is great for you and to get

out and walk or exercise.

In other business, the Christmas meeting will be a Michelle Carson's on Dec. 16. Becky Rimmer handed

out Money Tree tickets and reminded members to pick up their pecans for sale. Connie Morrison won chance item. Julie Tripp led the ABWA benediction.



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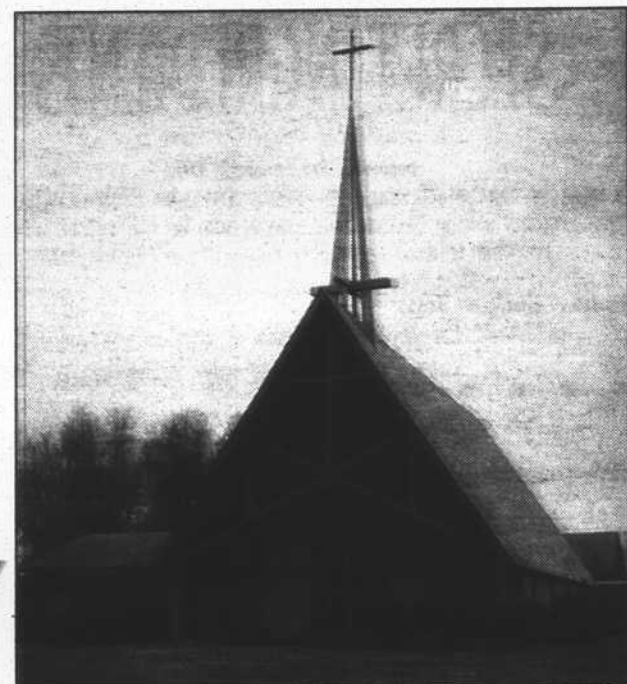
Creative Hands Artisan Show



Saturday, December 6th
9:00 AM to 3:00 PM
Fairview Baptist Church
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