



# OLL Health Promotions Meeting 3/17/25:

## In honor of National Nutrition Month

Come and join us at our next meeting to hear our featured speaker teach us about the "The benefits of plant-based diets for the prevention, treatment and management of chronic diseases"!



Featuring Speaker  
Kay Umeakunne, MS RDN LD

Kay Umeakunne, MS RDN LD has been a Registered Dietitian Nutritionist for over 35 years and is a practicing Plant-Based Nutritionist. She currently serves as the Academy of Nutrition and Dietetics, Vegetarian Nutrition Dietetics Practice Group (VN DPG) Coordinator for the State of Georgia. Kay served as Nutrition Research Manager for the Clinical Research Center Nutrition Units at Emory University (13 years) and Morehouse School of Medicine (15 years) and has authored numerous publications. A member of Next Level Functional Nutritionists and the American College of Lifestyle Medicine, Kay holds certificates of training in Foundations of Integrative and Functional Medical Nutrition Therapy, Food as Medicine Essentials, Plant-Based Nutrition, and Vegetarian Nutrition. Kay recently created the African Portion Plate and Food demonstration videos for the VN DPG Diversity Plate Project and IDEA Culture Kitchen Series.

**To attend, email us at [ollhealthpromotionmin@gmail.com](mailto:ollhealthpromotionmin@gmail.com) for the zoom link!**



# Catholic Education is Possible for Your Family

The Georgia Promise scholarship is a new program that empowers families to pursue educational programs through non-public schooling, including private schools. Families of some public-school students in K-12 can receive **\$6,500 per eligible student\*** (Administrative fees may apply) to help with school expenses such as tuition, school supplies and transportation.

All archdiocesan Catholic schools within the Archdiocese of Atlanta are accepting the Georgia Promise scholarship for the 2025-26 school year.

**Scholarship applications are being accepted March 1 – April 15.**

**Apply today and make Catholic education a reality for your family.**

