

# In The Center

The Fontana Center  
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July / August 2007  
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## Now Hear This!

### **Thank You!**

The votes have been tallied in The Times of Acadiana "Best Of" issue! Thanks to all of your votes, The Fontana Center was selected the number two Physical Therapy Clinic in Acadiana.

**THANK YOU**

### **Free Physical Therapy Consultations**

Come in and experience the difference of our physical therapy clinic! Fontana Center is offering FREE Physical Therapy Consultations. Scheduling an appointment with one of Fontana Center's Physical Therapists may help you find the answers to questions you are having concerning your aches and pains. This FREE consultation will not allow the therapist to treat or evaluate you but will allow them time to sit with you and address your questions and/or concerns. For more information or to schedule an appointment please call 234-7018.

" Give everyone a smile... Talk health, happiness and prosperity to every person you meet!"

- Christian D. Larsen -

### **July 4<sup>th</sup> Fitness Hours**

Wednesday, July 4<sup>th</sup>

5am - Noon

#### **Class Schedule**

9am Deep Water

10am PowerWaves



### **Trans Fats... More Controversy**

Trans fats, which are commonly found in commercially fried foods, are known to increase the risk for heart disease and diabetes. But, a Harvard study has recently found that eating trans fats may also be linked to infertility.

The research found that eating a minimal of 2% more calories from trans fat rather than monounsaturated fats (olive oil) doubled the risk of infertility. Researchers believe that trans fats negatively affect ovulatory function. To avoid this possible risk, read food labels and choose healthier fats.

**Spotlight on Paul Fontana...**

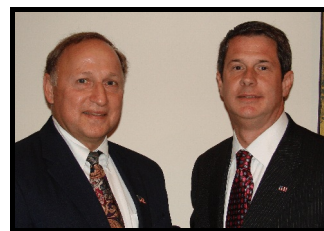
During the 2007 Annual Conference of the Louisiana Occupational Therapy Association (LOTA) in New Orleans, Paul was bestowed the Award of Merit by the state Association. The award was given to Paul for "his years of leadership to the advancement of the state's Occupational Therapy Association and the profession of Occupational Therapy, not only within the state but nationally as well. Paul has been an innovative leader in advancing the profession in the areas of work programs with business and industry. He has been an educator both within the state through his work with LSU and the state association as well as across the country through teaching courses on ergonomics, injury prevention and return to work programs throughout the country. Paul has served the LOTA as President and Vice President as well as a mentor to many within the state. He has served the profession as American Occupational Therapy Association's (AOTA) representative before the US Congress and OSHA on ergonomic issues, as a member of the National Advisory Committee on Ergonomics and most recently as chairman of the AOTA Political Action Committee. Paul has just been elected to the Board of Directors for AOTA and was sworn in as a new board member at the recent AOTA conference in St Louis, Missouri."

Paul recently attended a meeting in Washington DC as a member of the American Occupational



Paul & Congressman Bobby Jindal

Therapy Association Board of Directors. As part of his role as a member of the executive board of the association, Paul had the opportunity to attend the President's dinner as well as meet with members of the Louisiana Congressional and Senatorial Delegation. Paul met with Senator David Vitter and Congressman Bobby Jindal in regards to legislation on health care initiatives, the older driver initiative and low vision issues affecting older Americans. During his visit to Capitol Hill, Paul also had the



Paul & Senator David Vitter



Paul & Congressman Charles Melancon

opportunity to meet with Congressman Jim McCreary (R - Shreveport), Charles Boustany (R - Lafayette) and Charles Melancon (D - Franklin).

On the local front, Paul has been appointed to the Lafayette City-Parish President's Awareness Committee for Citizens with Disabilities. City-Parish President, Joey Durel, selected Paul for his "experience working with individuals with disabilities as well as for his expertise with the Americans with Disabilities Act." The committee serves as a liaison between the City-Parish Presidents office and the disabled residents of the community. The committee meets the second Monday of each month at Lafayette City Hall.