

"Waisting Away" Atlantic

Weight Management Strategies for the Registered Dietitian
and other Health Care Professionals in Patient Self Care
Full day Workshop

Atlantic December 2009

Fredericton -St Thomas University
Monday December 7th, 2009

Halifax-Dartmouth Park Place Hotel
Tuesday December 8th, 2009

Newfoundland – are you interested in hosting a workshop?

This full day workshop is specifically designed for the Health Care Professional working with overweight and obese patients. The target audience is for Registered Dietitians & other health care professionals such as Nurses, Rehabilitation and Physiotherapists, Naturopaths who want to help their overweight patients better manage their health.

"Waisting Away" will give you various take home weight management strategies to use with your patients; hands on & practical. You will learn: bariatric terms defined, obesity hormones, the "what, why, how to implement weight management strategies", the behaviour around overeating and bingeing & "real patient" case studies ie: PCOS. You will receive various tools and handouts to help your patients lose weight and be healthier.

Waisting Away has been presented in 8 locations: Toronto, Alberta at the 1st Canadian Obesity Network Summit, Ottawa and 5 cities in British Columbia September 2009. This is what participants had to say ...


"Loved it.... I learned so many strategies to help my patients lose weight.... permanently"

"I was very excited to gain so many strategies to apply personally and with my future clients, especially the damage control"

"Thank you for an excellent workshop today at the National Obesity Summit. It was so refreshing to hear a dietitian not be afraid to think outside the Canada's Food Guide and be so confident with her material and presentation."

Cost = \$ 150 (\$50 student fee)

AGENDA:

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|-------------|--|
| 0800 -0830 | Registration & Beverage Service - Coffee / Tea |
| 0830 - 0915 | Introduction - Bariatrics / Obesity / Weight Management Terms Defined |
| 0915 - 1030 | Unfolding the Obesity Hormones: What are they and how are they involved? |
| 1030 - 1045 | Nutrition Break – snacks and beverage service sponsored by  |
| 1045 - 1230 | Waisting Away: Weight Management Strategies Revealed |
| 1230 - 1330 | Lunch – not sponsored yet – Lunch on your own |
| 1330 - 1430 | Waisting Away Strategies Continued – What! Why? And how to implement |
| 1430 - 1515 | Intuitive Eating- Behavior Modification Technique |
| 1515 - 1615 | Real Life Case Studies |
| 1615 – 1630 | Evaluation & Adjournment |

SPEAKER: Hélène Charlebois, BSc, RD is a Registered Dietitian-Nutrition Consultant from Ottawa with over 22 years experience **in helping patients/clients with weight management**. She is certified through the American Dietetic Association as an Adult **Weight Management Specialist** and is a member of Dietitians of Canada & the College of Dietitians of Ontario.



REGISTRATION FORM

Registration Fees (GST included - GST # 856219282)

General **\$150.00** Students **\$50** (Dietetic-Medical-Nursing-OTs-Physio-Other)

Are you? (circle one) RD – Nurse – Doctor – Physiotherapist – Occupational Therapist – Other _____

Location: Please check one – lunch is on your own unless I can secure a sponsor

____ December 7th St Thomas University

____ December 8th Park Plaza Hotel & Conference Centre Ramada Plaza

240 Brownlow Ave, Dartmouth, NS, B3B 1X6 1-902-468-8888

Please register me for (please print clearly) **“Waisting Away” Atlantic**

Name _____ Company/ Profession _____

Address _____

City _____ Province _____ Postal Code _____

Phone _____ Fax _____

Email _____

Register first by emailing this form hcnutrition@rogers.com or by faxing 1-613-833-5400 to hold a place.

Confirmation of Registration will be sent to you by e-mail or fax.

Payment: We cannot currently take credit card payments. Make your cheque or money order payable to **Helene Charlebois** and mail no later than one week prior to the workshop date. This is for catering purposes. Thank you!

Mailing Address: Helene Charlebois – Suite 1102 – 429 Somerset Street West – Ottawa, Ontario - K2P 2P5

Registration and Cancellation Deadline: 1 week prior to the workshop date in your chosen city.

Fee receipts will be available at the event.

Registration Contact: Helene Charlebois hcnutrition@rogers.com 1-613-302-6798

Registration Cancellation: Written notice of cancellation is required by the deadline of 1 week prior to the event and will be subject to a \$20 processing fee. For cancellations received after that date there will be no refund however substitutions will be permitted. Refunds will be processed post-event.

Event Cancellation: HC Nutrition Consulting & Wellness reserves the right to cancel the session should the number of registrations not reach minimum requirements. All registrations will be processed on a first-come first served basis.

This event is posted on the Dietitians of Canada website's Calendar of Events on the Members Only side

Future Waisting Away Workshops - No dates yet for Montreal- Winnipeg

Northern Ontario Thunder Bay- Oct. 16th 2009 **Alberta** - Calgary Oct.23, Red Deer Oct. 24th, Edmonton Oct.28th

Ontario Hamilton Sheraton Nov. 5th – **Ontario** New Best Western Durham-Oshawa Nov.7th

Saskatchewan – Saskatoon Nov. 26th, Regina November 27th, 2009 **Atlantic** – December 2009