

***To help us plan your day
Complete & return this form
As EARLY as possible to:***

Charlette Campbell

Administrative Assistant

Fax: 613-548-2454

Email: campbelc@kgh.kari.net

Name: _____

Designation: _____

Organization: _____

Address: _____

Telephone: _____

Email: _____

Special Needs/Considerations: _____

Registration is FREE. However
Cancellation Policy: If you register and then
are unable to attend, **PLEASE** contact the office
BEFORE Friday, October 3rd, 2008.

Call for Displays & Posters

Do you have a program, service,
resources or tools related to healthy
weights and healthy living? Would you
like to share and display them at this
workshop?

Please let us know if you are interested
saulnies@kgh.kari.net

DIRECTIONS

From Hwy 401, take exit 62 (Front St.) heading
South to Dundas St. W, turn right at lights, then turn
left at Baybridge Rd (hotel is on the left)



*This workshop will be held again in Lanark, Leeds
& Grenville Counties in 2009*

Please visit our website at
www.strokestrategyseo.ca

*This workshop is made available with support from the
MOHLTC Ontario Stroke System (Southeast Region),
Centre for Obesity Research & Education at Queen's
University and Health Nexus*

**Ontario
Stroke System**
Fewer strokes. Better outcomes.

STROKE STRATEGY
of Southeastern Ontario

**health
nexus**
santé



**Eating & Moving
Well to Prevent &
Treat Obesity:
Building our Capacity
to Support
Behavioural Change
Networking, Sharing and
Learning in
Hastings & Prince Edward
Counties**

Friday, October 10, 2008

9:00 am – 4:30 pm
(8:30 - 9:00am Registration)

Ramada Inn on the Bay
11 Baybridge Road
Belleville, ON K8P 3P6
PH: (613-968-3411)

TARGET AUDIENCE:

Health promoters and care providers from across the continuum of care in HPE. This includes primary care physicians, nurses (RN, RPN, NPs, occupational and public health nurses), diabetes educators, behaviour therapists, wellness and fitness programmers, health promoters, kinesiologists, physiotherapists, dietitians and pharmacists.

PROGRAM OBJECTIVES:

Explore with your colleagues the issue of obesity and chronic disease prevention and management across the continuum of care in Hastings & Prince Edward Counties (HPE) through networking, sharing & learning. Become further equipped with knowledge, skills and resources to support behavioural change. You will have the opportunity to:

- describe the factors that affect healthy weight in children, adults, seniors and the family
- understand the seriousness and consequences of the health risk this pandemic is creating
- further develop counselling skills to support behavioural change for the individual, family and group
- understand the value of an interprofessional and intersectoral approach to support the client/family/community to work towards healthy living
- become aware of what is available in your community to support and promote healthy weights and healthy living
- identify and share strategies/resources to promote healthy weights and healthy living
- network with people, services and programs that are available to help you promote healthy weights and streamline the plan of care across the continuum and the life span

WORKSHOP AGENDA

0830-0900	REGISTRATION
0900-0925	Introduction Setting the Stage
0925-1010	Strategies for Reducing Obesity-Related Disease <i>Dr. Robert Ross</i>
1010-1040	Break – Visit the Displays
1040-1200	Creating Change: Behavioral Counselling Strategies for Behavioural Modification <i>Dr. Steve Hotz</i>
1200-1300	Lunch – Walk Bring comfortable shoes!
1300-1345	Behavioural Counselling Practice <i>Dr. Steve Hotz</i>
1345-1430	Case Studies: Connecting the Dots, What's Out There? Group Work
1430-1500	Break - Visit the Displays
1500-1550	Debriefing & Consolidation of Learning
1550-1625	Sharing Experiences, Tools & Resources Panel Discussion
1625-1630	Wrap-Up

PLANNING COMMITTEE & PRESENTERS

Gateway Community Health Centre, Tweed Carrie Salsbury, Health Promoter
Heart and Stroke Foundation Beth Collins, Community Mission Specialist
HPE Public Health Ashley Rutherford, BScN, RN, <i>LifeWorks Coordinator</i>
Health Behaviour Technologies Corporation Steve Hotz, PhD
Health Nexus Sylvie Boulet, RD, MHSc, Health Promotion Consultant
Loyalist College Douglas Lafreniere, BPE, MSc, Professor & Academic Coordinator, Fitness & Health Promotion – Recreation & Leisure Services Programs
Prince Edward Family Health Team Sylta Goguen, BScN, RN(EC) PHCNP (Nurse Practitioner)
Queen's University Centre for Obesity, Research & Education (CORE) Diane Davies, MSc, Manager Robert Ross, PhD
Quinte Health Care Caryn Manthorpe, M.Sc., SLP(C) Quinte District Stroke Coordinator Michelle Slapkauskas, BNSc, Stroke Prevention Clinic Marilyn Woof, RD, Belleville General Hospital
South East Community Care Access Centre Kim Fletcher, BNSc, Local Community Case Manager
Southern Ontario Aboriginal Diabetes Initiative Carol Loft, Diabetes Prevention Coordinator
Southeastern Ontario Stroke Strategy Sandra Melchiorre, RN, MN, CNN(c) Regional Stroke Advanced Practice Nurse Sue Saulnier, BNSc, MEd, GNC(C) Education Coordinator

DON'T MISS! Dr. Steve Hotz
Steve Hotz PhD consults nation-wide on brief intervention programs for health behaviour change, mental health, health promotion, occupational mental health and continuing education for health professionals. He has developed programs and techniques targeting motivation and behaviour change.