

Centre for Obesity Research and Education



23 March 2010

7:00—8:30 PM

The new SKHS Building

Teaching Theatre 100

28 Division St

All welcome

Centre for Obesity Research and Education
Annual Public Lecture

**Behaviour Change
for Obesity:
what's new
what's promising**

The latest behavior-changing techniques and their application in the battle to reduce overweight, obesity and the chronic diseases associated with each.



Dr. Robert Reid PhD, MBA, is Associate Director of the Prevention and Rehabilitation Centre at the University of Ottawa Heart Institute, and an Associate Professor in the Faculty of Medicine at the University of Ottawa. Dr. Reid is one of Canada's leading health behavior change experts, particularly concerning smoking cessation, physical activity promotion, dietary change and cardiovascular rehabilitation. He is a past recipient of the Heart and Stroke Foundation of Canada's New Investigator Award. In 2006, he was awarded the James Hogg Award from the Canadian Institutes of Health Research Institute for Circulatory and Respiratory Health for his contributions to clinical and population health research.

For more information go to www.corecanada.net or contact core@queensu.ca.

**FREE PEDOMETER
for ALL who attend!**



Queen's
UNIVERSITY

Free parking at any Queen's surface lot
or permit parking spot (after 5:30 pm)

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