



Experts from the 'Healthy Active Living and Obesity Research' (HALO) Group, as well as from the Children's Hospital of Eastern Ontario's 'Center for Healthy Active Living', are pleased to invite you to a **FREE** one day innovative workshop entitled:

### **Calibrating Early Lifestyles to Manage Obesity: A Health and Education Practitioner Intervention Approach**

The prevalence of obesity in children and adolescents is reaching epidemic proportions with almost one third of the pediatric population overweight or obese. This has serious public health implications given obesity's association with increased risk of chronic disease, premature mortality, and adverse psychosocial outcomes. Experts believe that the increasing rates of obesity in the past few decades are due to lifestyle behaviour transitions and our obesogenic environment, indicating the need for creative, innovative interventions. The Healthy Active Living training workshop will focus on the identification, assessment, management, treatment, and monitoring of obesity. Knowing that it is important to target the early years when children and youth are developing motor skills, food preferences, and independent behaviours, the training workshop will focus on young children (aged 1-8 years) and their parents. The Healthy Active Living educational curriculum, grounded in understanding of relevant science, literature, and research methods, will provide targeted health practitioners and professionals with the skills necessary to identify and manage childhood obesity.

**WHAT?** Innovative and interactive English workshop that focuses on the promotion of healthy active living for children aged 1-8 years.

**WHEN?** October 14th, 2011, 1pm - 7pm (Light dinner and coffee break provided)

**WHERE?** Maple room, Westin Hotel, 11 Colonel By Drive, Ottawa

**WHO?** You are a Health Practitioner (Family Physician, Pediatrician, Nurse, Dietician, Psychologist, Social Worker for instance) who interacts with overweight or obese children. You are passionate about promoting healthy active behaviours and would like to learn more about how best to approach and manage childhood obesity in your daily practice.

**Spaces are limited! Registration is now open at [www.haloresearch.ca/calibrate](http://www.haloresearch.ca/calibrate)**

For more information, please contact the project coordinator,

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