

## PROGRAM DESCRIPTION

With obesity on the rise and the growing number of morbidly obese patients, this conference will address new concerns with the bariatric population.

## PROGRAM OBJECTIVES

At the conclusion of this conference, the participants will have:

- Developed a new perspective on addressing bariatric patients
- Practical recommendations for your patients which are evidence-based.

## KEYNOTE SPEAKERS

### *HELENE CHARLEBOIS, BSc, RD*

Helene is a Registered Dietitian- Nutrition Consultant specializing in coaching healthy lifestyles. Her specialty is in weight management with focus on the prevention and treatment of: Obesity - Metabolic Syndrome –Diabetes -Cardiovascular Disease – Hypertension. She specializes in Women’s Health Issues, in particular PCOS, Polycystic Ovarian Syndrome. She is certified through the American Dietetic Association as an Adult Weight Management Specialist. She is presently touring across Canada to share her expertise with RDs and other health care professionals on effective weight management strategies. The full day workshop is entitled “Waisting Away”.

### *DENISE M. POIRIER, MSc, RD*

Denise is currently full time Bariatric Dietitian at the Humber River Regional Hospital (HRRH), Finch Avenue Site in Toronto. She is approaching 30 years of clinical experience in the field of dietetics. She holds both an American and Canadian license in Dietetics. She is a member of the ADA, DOC, ASPEN and the American Society for Metabolic and Bariatric Surgery. She has B.Sc. from Mt. St. Vincent University, internship from The Montreal Diet Dispensary, B. Ed. from St. Francis Xavier University and M.Sc. from McGill University. She also holds a Certificate of Training in Adult Weight Management from ADA. Last decade, she spent working in surgery with a primary focus on Bariatrics. She has presented at several conferences over the past several years including the annual conference for the American Society for Metabolic and Bariatric Surgery. She has published an article for DOC Talk in the spring of 2006.



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**The Bigger Picture...**

## **Understanding the new Bariatric Population**

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**Friday November 6, 2009**

**Auditorium, Level 1**

**Brampton Civic Hospital**

**2100 Bovaird Drive East**

**Brampton, Ontario**



*Organized by the  
Osler's Registered Dietitians*

## CONFERENCE PROGRAM

8:30-9:00 Breakfast and Registration

9:00-9:15 Opening Remarks

9:15-10:15 Helene Charlebois, BSc, RD

*\*Introduction to Bariatrics / Obesity / Weight Management*

*\*Unfolding the Obesity Hormones:*

*What are they and how they are involved?*

10:15-10:30 Nutrition Break

10:30-12:00 Helene Charlebois, RD

*\*Waisting Away: Weight Management Strategies Revealed*

*\*What! Why? And how to implement*

12:00-1:00 Lunch (provided)  
Networking

1:00-2:00 Denise M. Poirier, MSc, RD

*\*An Overview of Bariatrics for the Clinical Dietitian.*

2:00-3:00 Case Studies  
Question and Answer

3:00-3:15 Closing Remarks  
Evaluation/Adjournment

## GENERAL INFORMATION

### FEES

Early Bird: \$100.00 Before October 23

Registration: \$125.00 Deadline November 2

Student Fee: \$75.00

### PARKING (Indoor Parking Garage)

Parking rate for the day costs about \$12.00.

Select P3 to enter the hospital's Main Level (same level as Auditorium).

**QUESTIONS ???** Please direct your queries to:

**Tina Stewart, Professional Practice Leader,  
Clinical Nutrition**

(905) 494-2120 ext. 57587

Or e-mail [tina\\_stewart@oslerhc.org](mailto:tina_stewart@oslerhc.org)

## REGISTRATION FORM

Friday November 6, 2009

### Please Print Clearly

(Name as you wish it to appear on the name tag)

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Profession: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Payment Amount Enclosed: \$ \_\_\_\_\_

Please enclose cheque or money order payable to:

**William Osler Health System**

### Mail To:

**ATTENTION: Tina Stewart, RD**

Professional Leader/Cardiac Rehab

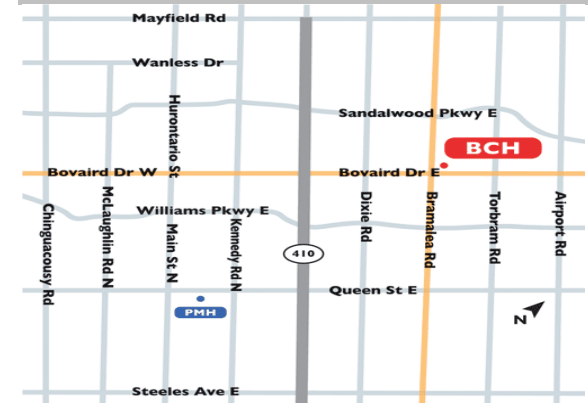
Brampton Civic Hospital

William Osler Health System

2100 Bovaird Drive East

Brampton, ON L6R 3J7

## HOW TO GET TO BRAMPTON CIVIC HOSPITAL



**Directions:** Located at the north east corner of Bovaird Drive and Bramalea Road in Brampton.

**From Hwy 401:** Exit onto Hwy 410 north to Brampton. Travel 14 km north to Bovaird Drive. Turn right (east) on Bovaird Drive East and travel 3 km to Bramalea Road.

**From Hwy 407:** Exit north onto Hwy 410. Travel 13 km north to Bovaird Drive. Turn right (east) on Bovaird Drive East and travel 3 km to Bramalea Road.

**From Hwy 403 eastbound:** Exit onto Hwy 410. Travel 14 km north to Bovaird Drive.

Turn right (east) on Bovaird Drive East and travel 3 km to Bramalea Road.

**Once You Reach Bovaird & Bramalea**

**For the Indoor Parking Garage:** Continue east past Bramalea Road and turn left at the next traffic light.

Follow the roadway to the right towards the Indoor Parking Garage.

## AHPDF FUND

Ontario RD's may be Eligible for Reimbursement of this Registration Fee. Ontario Dietitians are eligible for funding to support skill and knowledge development opportunities through the Healthforce Ontario's Allied Health Professional Development Fund. Go to the fund's web site [www.ahpdf.ca](http://www.ahpdf.ca) for information on 2009-10 application criteria and process. Save your registration and other expense receipts for possible reimbursement.