

Weight, Health & Culture:

Exposing the Myths; Exploring the Realities

a free public workshop by
Dr. Jonathan Robison, Ph.D, MS

Governments and health organizations around the world have declared a war on the "epidemic" of obesity. Acceptable body weight standards have been repeatedly lowered so that more than 60% of the North American population is now considered to be overweight. As a result, people of all sizes suffer from an intense fear of fat. This fear plays havoc with self-esteem and promotes disordered eating and exercising behavior.

Using the latest scientific findings, this workshop will debunk traditional myths about the relationship between weight and health and present an evidence-based, compassionate alternative for helping people with weight and eating-related concerns.

Thursday, September 23

6:30 - 8:30 p.m.

University of Guelph

UC Room 103

No registration required

Free parking after 6 p.m. in Lot P31

Visit www.uoguelph.ca for campus maps

Dr. Jonathan Robison holds a doctorate in health education and exercise physiology and a master of science in human nutrition from Michigan State University, where he is adjunct assistant professor. Dr. Robison is also adjunct associate professor at Western Michigan University, where he teaches in the Holistic Health Care Program. His presentations and workshops encourage a shift away from the traditional biomedical, control-oriented focus of health promotion.



Presented by the Wellington-Dufferin-Guelph Eating Disorders Coalition
www.eatingdisorderscoalition.ca