


The Wellington-Dufferin-Guelph Eating Disorders Coalition

 The Wellington-Dufferin-Guelph Eating Disorders Coalition formed in 2000, when representatives from a variety of community agencies and services committed themselves to the prevention of eating disorders and the promotion of healthy body images. The Coalition is devoted to providing both public and professional education and eating disorder resources to the community. This year, the Coalition received funding from the Homewood Volunteer Association and the City of Guelph.

Present coalition members include:

- Homewood Health Centre
- Trellis Mental Health and Developmental Services
- Family and Children's Services of Guelph and Wellington County
- Guelph-Wellington Women in Crisis
- Wellington-Dufferin-Guelph Public Health
- University of Guelph

For more information about the Wellington-Dufferin-Guelph Eating Disorders Coalition, visit www.eatingdisorderscoalition.ca or contact April Gates, Chair, at GateApri@homewood.org or 519-824-1010, ext. 2292

About Jonathan Robison

Jonathan Robison holds a doctorate in health education/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. He has authored numerous articles on a variety of health-related topics and is a frequent presenter at national and international conferences.

Dr. Robison has served as co-editor of the journal *Health At Every Size* and has been helping people with weight and eating-related concerns for more than 20 years. His presentations and workshops encourage a shift away from the traditional biomedical, control-oriented focus of health promotion.

Dr. Robison's book, *The Spirit and Science of Holistic Health*, presents a radically new direction for health education and promotion.

For more information about Dr. Jonathan Robison, visit www.jonrobison.net or email robisonj@msn.edu

In celebration of our 10th Anniversary

The Wellington-Dufferin-Guelph Eating Disorders Coalition



presents

Health at Every Size

A professional development workshop featuring Jonathan Robison, Ph.D., MS

September 23, 2010
8:30 a.m. - 12:30 p.m.

Italian Canadian Club
135 Ferguson Street
Guelph ON N1E 2Y9

Health at Every Size:

An Effective, Science-Based Alternative for Helping People with Weight-Related Concerns

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 and in need of treatment, yet there is no evidence that these treatments are effective. As a result, women of all sizes - and increasing numbers of men - suffer from an intense fear of fat. This fear plays havoc with self-esteem and promotes disordered eating and exercising behavior.

In this workshop, Dr. Jonathan Robison explores the social, political, economic and scientific foundations of traditional approaches to the issue of weight and health. The philosophical and scientific basis of an effective, alternative approach for helping people with weight-related concerns will be described, and practical applications for the workplace, private practice and public health policy will be presented.

Workshop Details

Date: Thursday, September 23, 2010
Time: 8:30 to 9:00 a.m. - Registration
9:00 a.m. to 12:30 p.m. - Workshop
Venue: Italian Canadian Club
(135 Ferguson Street, Guelph)
Cost: \$65.00 per person

Objectives

Upon completion, participants will be able to:

- 1) Critique the scientific foundations and efficacy of current approaches to helping people with weight-related concerns.
- 2) Discuss the economic, social, political and health consequences of the “war on obesity.”
- 3) Describe the philosophical foundations and major components of an alternative approach for helping people with weight-related concerns.
- 4) Begin to implement the “Health At Every Size” approach in clinical, public health, recreational, academic and worksite settings.

Health at Every Size

Registration Form

(please print)

Name: _____

Title: _____

Address: _____

City: _____

Province: _____

Postal Code: _____

Telephone number: _____

Email address: _____

Registration fee: \$65.00 per person

Registration deadline: September 15, 2010

Please make cheques payable to **Guelph-Wellington Women in Crisis**. Cheques and registration should be forwarded to:

April Gates
c/o Homewood Health Centre
150 Delhi Street
Guelph ON N1E 6K9

Note:

- receipts will be issued at the workshop
- there will be no refunds for cancellations
- post-dated cheques will not be accepted