

Registration Form:

Name	
Profession/Student #.	
Organization	
Address	
City	
Province	
Postal Code	
Telephone:	
E-mail	

DAY ONE

Professional Development
May 20th, 2009

OR

DAY ONE & DAY TWO

May 20th and 21st, 2009

(1 day) Professional Development and
(1/2 day) Understanding the Curriculum

Day One is prerequisite to Day Two

Manual will be available for purchase (cash or cheque)

Registration Selection:

Day One \$65.00
May 20th, 2009

OR

Day One & Two \$80.00
May 21, 2009

Student Rate Day One & Two \$50.00

Cheques payable to **Louis Riel School Division**.

Return completed form along with payment to:

Attention Anne-Marie Plamondon

Louis Riel School Division, 900 St. Mary's Rd.

Wpg. MB R2M 3R3. Confirmation to follow by

email.

About the presenter:

Kathy Kater, LICSW has specialized in the treatment of body image, eating, fitness and weight problems for over 25 years. She is the author of the popular school guide *Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!* This manual focuses on reducing the risk factors for disordered eating in pubescent children.

Kater has also written an invaluable book for parents *Real Kids Come in All Sizes: Ten Essential Lessons to Build Your Child's Body Esteem* (Broadway Books, 2004).

For further information contact:

Elvera Watson

Mental Health Promotion Specialist



Eating Disorders

204-940-2653

email ewatson1@wrha.mb.ca

Cancellation:

Notice of cancellation must be received 7 days prior to the workshop date. No shows will be subject to full fee. Substitutes are welcome.

Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg
Caring for Health À l'écoute de notre santé

Promoting Healthy Body Image, Eating and Fitness

Presenter

Kathy Kater (LICSW)

DATE: May 20 & 21, 2009

TIME: 8:30 A.M. - 4:00 P.M. (May 20)
8:30 A.M. - 12:00 P.M. (May 21)

**LOCATION: Louis Riel School Division
Board Office
St. Vital Room
900 Mary's Rd.
Winnipeg, Manitoba**

Promoting Healthy Body Image, Eating and Fitness

This exciting workshop will cover:

- The latest research on body image, eating, nutrition, fitness and weight problems in Western culture.
- Why prevention efforts must begin early, and must promote health as the goal versus size.
- The "antidotes" kids need to develop resiliency in the face of societal pressures.
- A new model for promoting healthy weight-related attitudes and lifestyle behaviors.
- The promotion of positive body esteem and wholesome lifestyle choices in developing children, based on *Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!*

AGENDA

May 20th, 2009

8:30 a.m. - 9:00 a.m.
Registration/Coffee

Welcome

9:00 a.m. - 10:30 a.m.
Workshop

10:30 a.m. - 10:45 a.m.
Health Break - Coffee provided

10:45 a.m. - 12:00 p.m.
Workshop

12:00 p.m. - 1:15 p.m.
Lunch on your own

1:15 p.m. - 2:30 p.m.
Workshop

2:30 p.m. - 2:45 p.m.
Health Break - Coffee provided

2:45 p.m. - 4:00 p.m.
Workshop

May 21, 2009

8:30 a.m. - 10:30 a.m.
Workshop - Curriculum

10:30 a.m. - 10:45 a.m.
Health Break - Coffee provided

10:45 a.m. - 12:00 p.m.
Workshop - Curriculum

Professional endorsement of Kater's presentations:

"Kathy Kater should be introduced to young children and their parents everywhere. She has developed a curriculum that makes real sense to kids and parents who must deal with unhealthy media pressures in regard to body image and eating. Our school had the good fortune to implement Ms. Kater's curriculum, as well as having her speak to our teachers. She is a great speaker, with an important message that is relevant to everyone. I urge you to do your children, your teachers and yourself a favor and take advantage of all she has to offer"

Ken Scarbrough, Superintendent
Staples Motley School District,
Minnesota