



We Can't Weight

... looking at the obesity epidemic



Wednesday, October 27th, 2004

8:30 a.m. to 3:30 p.m.

Best Western, Inn on the Bay

1800 2nd Avenue East – Owen Sound

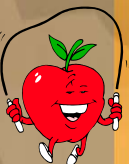


A workshop designed for educators, social service providers and health professionals to examine the issues and develop practical strategies and solutions for Grey and Bruce counties

Key Objectives:

- ❖ **Gain an understanding of the obesity epidemic issue and its implications**
- ❖ **Identify the root causes of the issue**
- ❖ **Develop practical strategies and solutions for Grey Bruce**

For more information, please contact:
Betty Perkins, Grey Bruce Health Unit
Phone: 519-881-1920/1-800-821-7714
Website: www.publichealthgreybruce.on.ca

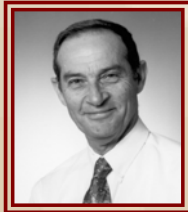




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Guest Speakers



Dr. Oded Bar-Or

➤ **Dr. Oded Bar-Or**

Dr. Bar-Or is a Professor Emeritus of Paediatrics and Director of the Children's Exercise & Nutrition Centre at McMaster University and Hamilton Health Sciences. His scientific and clinical interest focuses on the effects of physical activity on children's physiologic functions, performance and health. Research projects under his leadership have spanned a wide spectrum of paediatric issues, as well as topics related to the healthy child and adolescent.



Dr. Kristen Hallett

➤ **Dr. Kristen Hallett**

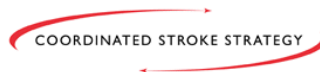
Dr. Hallett is a Consultant Community Paediatrician practicing in Owen Sound. She moved to Owen Sound in 1999. In her first year of work, she was acknowledged at the Walkerton Water Inquest as the physician who notified the Public Health Department and prevented further illness. She is currently a member of the Canadian Paediatric Society, and is an active participant in the sub-committees on Public Education and Healthy Active Living.



Tracey Galloway

➤ **Tracey Galloway**

Tracey is currently a Ph.D. Candidate in Human Biology in the Department of Anthropology, McMaster University. Her doctoral research explores the factors influencing children's nutrition in Grey and Bruce Counties, Ontario. She is particularly interested in the school environment for nutrition, and her research explores children's reported consumption, as well as children's and parents' experiences and opinions about school snacks and lunches. The research also examines the effects on nutrition of socioeconomic and geographic diversity, and includes children from six school communities of varying population size and socioeconomic indicators.



Finding answers. For life.

