

Health at Every Size: A New Way to Understand Weight

With keynote speaker,
Linda Bacon, PhD,
author of "Health at Every Size."

Friday, Oct. 29, 2010
DC Centre
11830 Stonegate Circle
Omaha, Nebraska

MORNING SCHEDULE

For health care professionals who work with individuals who have disordered eating issues.

8:30-9:00 a.m.	Registration
9:00-10:00 a.m.	Linda Bacon, PhD Session 1
10:00-10:15 a.m.	Break
10:15-11:15 a.m.	Linda Bacon, PhD Session 2
11:15-11:30 a.m.	Questions

Objectives for Morning Session:

1. Identify the tacit assumptions of the weight-based paradigm for health improvement (including the health risks attributed to overweight/obesity and the value of weight loss as a goal) and the research that challenges their validity.
2. Explain the tenets of the Health at Every Size paradigm (including size acceptance, intuitive eating, and finding joy in movement) and the scientific rationale that supports their value.
3. Integrate Health at Every Size into work processes.
4. Find resources for continued growth and support on these issues.

AFTERNOON EVENT

Practical tools for individuals who are struggling with disordered eating and those who support them.

12:30-1:00 p.m.	Registration
1:00-1:50 p.m.	"Molly's Recovery Story" Molly Campbell
2:00-3:00 p.m.	Breakout Sessions: "How Do I Connect With My SELF?" Chrissy Hough, LIMHP Mental Health Practitioner Kristy Hoffman Rieken, RD, LMNT Nutrition Therapist "Recovery... What Works?" Sarita (Sarah) L. Ruma, LIMHP Mental Health Practitioner Martin Harrington, MD Child and Adolescent Psychiatrist
3:00-3:15 p.m.	Break
3:15-4:15	"Learning to Love the Skin You're In" Linda Bacon, PhD

To register: **800.833.3100** or **www.ChildrensOmaha.org**

Program Goal:

To provide practical tools which empower healthy self-acceptance and body image during life transitions while helping to inspire hope during recovery for all those affected by disordered eating.

Cost:

Morning Session: \$35 for Children's Hospital & Medical Center employees; \$45 for other health care professionals

Afternoon Session: \$25 per person

General Information

Registration & Refund Deadline: Oct. 25, 2010

Dress in layers for your comfort.

Registration questions — Call 402.955.3919

Seating is limited - register early!