

7th Annual FHT RD Conference: Building Your Toolbox
 September 13th and 14th, 2012
 Arden Park Hotel, 552 Ontario St. Stratford

All Health Professionals Welcome

Thursday September 13th

8:00-8:30	Registration and Breakfast	
8:30-9:00	Welcome	
9:00-10:15	Quick tips on recognizing, refeeding and referring clients with eating disorders in primary health care	Deb Northmore, RD, MSW Eating Disorders Program Trellis Mental Health & Developmental Services Kitchener, ON
10:15-10:30	Nutrition Break	
10:30-11:45	Celiac Update	Alexandra Anca, MHSc, RD Toronto GI Clinic
11:45-11:55	Barb Manilla Award of Excellence	Marg Alfieri, RD
11:55-12:00	Morning wrap UP	
12:00-1:00	Lunch and Market Place Working lunch with networks	
1:00-2:00	Program Evaluation and Outcome Measurement: Practical Strategies and Processes to help you start measuring outcomes today	Cara Kasdorf, RD – Lead Dietitian at New Vision and Two Rivers FHT Amber Anderson Lunn, RN - Health Promoter at Two Rivers FHT
2:00-2:15	Nutrition Break	
2:15-3:00	Roundtable Sharing on Program evaluation	TBD
3:00-4:15	AGM – FHT Dietitians Only	ON FHT RD Network Executive
4:15-4:30	Wrap Up	

Friday September 14th

7:00-8:00	Morning Activity- Waterfront Run/Walk	
8:30-9:00	Registration and Breakfast	
9:00-11:00	PANEL - Best Weights Strategy: Moving Beyond BMI and Weight Loss	
	Helping your Patients Achieve Their Best Weight: a Systematic Approach	Mark McGill, BSc, RD Bariatric Medical Institute Ottawa, ON
	Quelling the "Appetite" of the Pediatric Obesity Epidemic	Ms. Linda Gillis, PhD Candidate, RD McMaster Children's Hospital
	Promoting A HAES Approach in a Family Health Team	Kori Kostka, RD West Durham FHT
11:00-11:15	Nutrition Break	
11:15- 12:30	Natural Health Products Update	Rishma Walji, ND, PhD McMaster Univeristy
12:30-1:30	Market Place and Lunch	
1:30- 3:30	Speed dating/Program Sharing Interdisciplinary Projects	TBD
3:30-4:00	Wrap Up /EVALUATIONS	

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To Register: <https://secure.effreg.com/register/fht2012>

Registration Fees: Breakfast, lunch and snacks are included in the registration fee.

Methods of payment – Credit Card online

13% HST will be applied to all registrations. GST # 10520 0992 RT 0001

	Regular July 14-August 31 2012	Early Bird by July 13 2012
1 Day	\$100.00 +13% HST (\$13.00)=\$113	Not applicable
2 Day	\$170.00 +13% HST (\$22.10)=\$192.10	\$150.00+13% HST (\$19.50)=\$169.50
Intern/students (2 days)	\$70.00+13% HST (\$9.10)=\$79.10	Not applicable

Conference Hotel: Arden Park Hotel, 552 Ontario St., Stratford

www.ardenpark.on.ca/

Conference rate \$145/night. Rooms will be held until Aug. 12

Reservations 1-888-788-8818 Quote "Family Health Team Dietitians"

Cancellation Policy: If required please cancel by August 31 2012

Travel Bursary: Travel bursaries will once again be awarded this year to help reduce the cost of travel as a barrier for attending this conference. Bursaries will be awarded between \$200-500 depending on distance away from conference.

To apply for a travel bursary please email Jessica Janssens: jjanssens@sfht.on.ca

Please provide your name, FHT name and address.

Deadline June 30th 2012.

You will be notified by July 7th to provide enough time to register by the early bird deadline.

Barb Manilla Award of Excellence: To nominate a dietitian or for more information please email Marg Alfieri: malfieri@rogers.com

Craving Change: A one day Craving Change Workshop is being held Saturday September 15th, 2012 at The Parlour in Stratford. (Within walking distance of Arden Park Hotel) Please contact Carol Clarke, RD to register carolclarke.rd@sympatico.ca

Take advantage of The AHPD Fund for your conference fees. www.ahpdf.ca

Have questions? Please email Nicole Arthurs RD: arthurs.nicole@gmail.com

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Social events

1) Dinner at Pazzo

Date: September 13, 2012 Time: 5:30pm

Cost: \$ 38.50 per person Includes taxes and gratuities

Limited to first 40 people

Includes 3 courses with the choice of 3 appetizers, 3 mains and one dessert.

2) Pub, Pilsners and Spirits Tour

Date: September 13, 2012 Time: 8:00pm to 11:00pm

Cost: \$ 25.00 per person

A guided pub crawl with a haunted twist! Tour Stratford's historic pubs, including Stratford's original brewery and sample a 1/2 pint of local micro-brew at each stop as you hear the tales and spooky stories that haunt Stratford's downtown pubs.

To register visit: <http://visitstratford.ca/FHT-RD-conference.php>

3) Waterfront Walk/Run

Date: September 14, 2012 Time: 7:00-8:00am

Cost: Free

Please meet in the lobby of Arden Park Hotel

4) For more evening activities Visit : www.visitstratford.ca

A number of theatre shows start at 8:00pm

How to get here.

From Toronto, Ottawa: Follow Hwy. 401 west to Interchange 278 at Kitchener, Follow Hwy. 8 west through Kitchener, then join Hwy. 7/8 west to Stratford. Once you arrive in Stratford, we are located at the 4th set of lights on the right-hand side (corner of Ontario & Romeo St.).

From Niagara/Hamilton and the QEW: Take Hwy. 403 west to Hwy. 6 exit, and head north towards Guelph. Follow Hwy. 6 to Hwy. 401 at the village of Morriston. Proceed west on Hwy. 401, exiting at interchange 278 on Hwy. 8 west at Kitchener. Follow Hwy. 8 west into Kitchener to Hwy. 7/8 west to Stratford. Once you arrive in Stratford, we are located at the 4th set of lights on the right-hand side (corner of Ontario & Romeo St.).

From Windsor/London and Hwy. 401: Take Hwy. 401 east to Exit 222 (the next Exit

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after Ingersoll), then follow County Road 6 north to Stratford. Turn right onto Erie Street and right again onto Ontario Street. We are located at the 4th set of lights on the left-hand side (corner of Ontario & Romeo St.).

By Air: Four international airports are within a 1.5-hour drive of Stratford:

- **Toronto Pearson International** - 1-866-207-1690 (info) www.gtaa.com
- **London International** - (519) 452-4015 www.londonairport.on.ca
- **Region of Waterloo International** - 1-866-648-2256 (Canada only) www.waterlooairport.ca
- **Hamilton International** - (905) 679-1999 ext. 260 (general inquiries) www.hamiltonairport.com

By Rail: Via-Rail provides a passenger rail service to Stratford on a daily service, all year round. For information, schedules and ticket information please call 1-888-842-7245 or visit www.viarail.ca

A= Arden Park Hotel 552 Ontario St

B= Pazzo Restaurant 70 Ontario St

C= Stratford Tourism, 47 Downie Street



Hotels, Bed & Breakfast in Stratford Area

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Downtown Bed & Breakfasts

- A Fool's Paradise, 177 Elizabeth Street 519-271-7334, Room Rates \$100-\$130/night 2km from Arden Park
- A Patch of Heaven Bed & Breakfast, 36 Waterloo Street North 519-273-2672, Room Rates \$150-\$175/night 1.75 km from Arden Park
- Ambercroft Bed and Breakfast, 129 Brunswick Street 519-271-5644, Room Rates \$149-\$179/night 1.6 km from Arden Park
- Buckingham House, 67 Douro Street 519-273-1920, Room Rates \$139-\$149/night 1.5 km from Arden Park
- River Garden House, 53 William Street 519-271-1403, Room Rates \$140-\$165/night 2km from Arden Park
- The Chisholms In Stratford, 310 Ontario Street 519-273-6813, Room Rates \$145/night 0.75km from Arden Park

Hotels, Motels and Inns

- Festival Inn Stratford, 1144 Ontario Street 519-273-1150, Room Rates \$139-\$172/night 1.75km from Arden Park
- Queen's Inn at Stratford, 161 Ontario Street 519-271-1400, Room Rates \$114-\$255/night 1.25km from Arden Park
- Stratford Hotel, 107 Erie Street 519-273-3666, Room Rates \$139-\$169/night 1.25km from Arden Park
- Swan Motel, 960 Downie Street 519-271-6376, Room Rates \$110-\$130/night 3km from Arden Park

For more detailed list of accommodations in Stratford and the surrounding area please visit the Stratford Tourism website www.visitstratford.com and select "Where to Stay"