

# Weight Obsession: How it's Affecting Our Children

*Discover how living in a world that values being thin and justifies weight discrimination can harm mental and physical health.*

## **This workshop will help educators and parents:**

- Understand what weight discrimination/bias is and how it might be affecting our children.
- Understand what it's like to be an overweight child in a weight obsessed world.
- Examine the mental and physical implications of weight bias.
- Learn how to talk with children and youth about adopting healthy behaviours without promoting weight bias.
- Become an effective role model.
- Take practical resources back to your home or workplace.

## **Workshop Facilitators:**

Dr. Annick Buchhol  
Clinical Psychologist  
Children's Hospital of Eastern Ontario  
Healthy Active Living and Obesity Research

Dr. Stasia Hadjiyannakis  
Pediatric Endocrinologist  
Children's Hospital of Eastern Ontario  
Healthy Active Living and Obesity Research

**DINNER  
PROVIDED**

**RESOURCES  
PROVIDED**

**Wednesday, November 19, 2014  
Registration and dinner at 5 pm  
Workshop starting at 6:00 pm (sharp) to 8:00 pm  
Four Points by Sheraton  
Balmoral Ballroom  
1150 Wellington Road South, London**

To register: email [tsmith@elginhealth.on.ca](mailto:tsmith@elginhealth.on.ca)  
Spaces limited, so register early!