Body Image, Eating Disorders, Fitness and Nutrition

Tues. January 12, 2016 8:30 am – 1:30 pm
MIAA Conference Center, 33 Forge Parkway, Franklin, MA 02038
Registration begins at 8:00 ~ Workshop begins promptly at 8:30

Who should attend?
Wellness coordinators, educators, advisors, activity group leaders, school administrators, guidance counselors, athletic directors, coaches, nurses, school resource officers and anyone interested in learning more about effective model programs, best practices, and prevention strategies.

Workshop Presenters:
Robin Benson Monroe, MEDA, Inc.
Michael Belanger, Brigham and Women’s Mass General Sports Performance Center
Laura Moretti, Boston Children’s Hospital Division of Sports Medicine

Workshop Description
This interactive workshop engages participants in activities to promote healthy life choices and well-being.

Topics include: signs and symptoms, causes, and health effects of eating disorders, the role of body image and promoting body confidence, exercise addiction, healthy ways to build fitness and exercise, healthy nutrition and safe dieting, ways to support and help, treatment resources and strategies.

Wear comfortable clothing! Participate in healthy stretching and exercises.

5 Professional Development Hours are available at the conclusion of this workshop.

Please see flip side to register.
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$40 per Participant includes light breakfast, lunch, and materials

Name _______________________________________
Title _______________________________________
School _______________________________________
Address _____________________________________
Street, City/Town, State, Zip

Telephone ________________________________
Email ____________________________________

To register for this workshop, please fax this form to 508-541-9888
or mail to MIAA 33 Forge Parkway, Franklin, MA 02038
Attn: Karen Nardone, M.Ed., Wellness Coordinator

Cancellation Policy: Cancellations received up to 72 hours before a workshop begins will be honored. If you do not cancel and do not attend, you are responsible for full payment.

***Please keep a copy of this form for your records***

Please direct all billing questions to our accounting department. 508-541-7997