



Service Providers in Ontario: Help Prevent Obesity Amongst Aboriginal Children

Are you interested in helping Aboriginal children to grow up healthy and strong? The Best Start Resource Centre has developed *Let's Be Healthy Together*, a new toolkit to help service providers to promote healthy childhood weights in Aboriginal children from ages 0 to 6.

You're invited to an interactive train-the-trainer workshop to learn about:

- How to use our toolkit with Aboriginal families
- Improving your communication with Aboriginal people
- Ways of promoting native culture(s) amongst Aboriginal people
- Ways of addressing nutrition issues in your community
- The importance of designing holistic programs and services



We're holding workshops across Ontario:

- **Six Nations:** September 27 and 28, 2010
- **Ottawa:** October 6 and 7, 2010
- **Thunder Bay:** October 13 and 14, 2010

Training runs 11am to 4pm the first day and 9:30am to 4pm on the second day. **Keep checking www.beststart.org for updated training dates.**

Attend this training if you're interested in having fun, making new connections, doing hands-on activities, and getting new ideas for preventing obesity amongst Aboriginal children.

Wear comfortable clothes and shoes for walking outdoors. If you have dance regalia and/or a drum, fiddle, or guitar, please bring it with you. Please do not wear any scents to this workshop.

This training is limited to 50 people, so register soon! The cost of the workshop includes healthy meals and one copy of the toolkit.

Cost: \$120

Facilitator: Melanie Ferris

***Melanie Ferris** (Horse Clan) is an Anishnawbe mother and health promotion consultant. She worked with Aboriginal people to develop this toolkit and training. Melanie is trained in developing curriculum and doing research from an Aboriginal perspective. Melanie always works to promote and include culture in her workshops.*

To register please fill out the registration form at www.beststart.org. mail or fax it with payment.

We acknowledge funding from the Ontario Trillium Foundation to help make this toolkit and training a reality.



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Registration Form: *Let's Be Healthy Together* Training

Complete this form. Fax, email, or mail it with the registration fee to Best Start.

Please register me for:

- Six Nations:** September 27 and 28, 2010
- Ottawa:** October 6 and 7, 2010
- Thunder Bay:** October 14 and 15, 2010

Contact information:

*Fields marked * are required*

Name *
Title
Organization *
Address *
City *
Province and postal code*
Phone *
Fax
Email *
Any special food requirements? Please explain if yes:

Note: If you have any physical disabilities that affect your participant at our workshop, please let us know so we can try to accommodate them.

Registration fee (includes a copy of the *Let's Be Healthy Together* toolkit): \$120

Paid by: Cheque Money order Visa Mastercard

Name of cardholder: _____

Credit card number: _____ Expiry date: _____

Signature of cardholder: _____

Make any cheques payable to "Health Nexus." We refund your registration fee if you cancel your registration two weeks before the training session for which you have registered. To find out more about this workshop, contact us through:

Fax: 416.408.2122

Email: r.juttun@healthnexus.ca

Mail: Best Start Resource Centre, 180 Dundas Street West, Suite 301, Toronto, Ontario, M5G 1Z8