

Metabolic Family Workshop Planning Committee:

Lindsay Bell
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Lisa Glasbergen
Veronica Kokavec
Janice Little
Dr. Chitra Prasad
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Karen Stone
Joanne Weir

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Dr. Sharan Goobie
Dominic Langley
Oana Morar
Jo-Anne Psiuk-Rodgers
Dr. Tony Rugar
Heather Small
Jill Tosswill
Leah Whalen

Acknowledgements:



National Food Distribution Centre

8th Annual Metabolic Family Workshop



Metabolic Family Workshop
Best Western Lamplighter Inn &
Conference Centre
Friday, April 8, 2011
9:00 AM - 4:00PM

Low Protein Cooking Demonstration
Loblaw Wonderland Market
Saturday, April 9, 2011
12:00 PM - 4:00 PM



Purpose of the Metabolic Family Workshop:

- ◆ make connections with families
- ◆ interact with speakers
- ◆ learn about different metabolic formulas and foods
- ◆ see what's new
- ◆ learn ways to take care of yourself and your family
- ◆ visit displays



Purpose of the Low Protein Cooking Demonstration:

- ◆ learn how to use low protein products
- ◆ learn how to make your meals more exciting and tasty
- ◆ make connections with families
- ◆ try new low protein recipes



Reply to Attend Metabolic Family Workshop Friday, April 8, 2011

Family name _____ **Contact number** _____

Names of adults attending _____

Names of children attending _____

Names requiring special metabolic diet (please list diet) _____

Workshop attending (circle one) Lysosomal Neurological Teen/ Young Adult Diet

Low Protein Cooking Demonstration Saturday, April 9, 2011

Number attending and names _____

Please call 519.685-8500 Extension 55081 with this information or return this form by March 25, 2011
 Janice Little, LHSC, 800 Commissioners Road E, E5-226 London, ON N6A 4G5 or Email : Janice.Little@lhsc.on.ca

7th Annual Low Protein Cooking Demonstration

Saturday, April 9, 2011

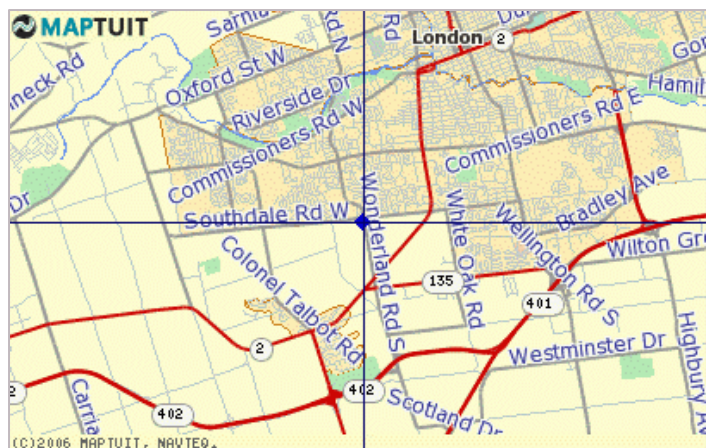
Sponsored by:



Loblaws Wonderland Market
3040 Wonderland Road South London, ON

519.668.0719

Stephanie Lemay, Nutrition Specialist with Nutricia, is happy to share with you quick and easy low protein recipes.



8th Annual Metabolic Family Workshop

Friday, April 8, 2011

Lampighter Inn

591 Wellington Road London, ON

519.681.7151

www.lampighterinn.ca

If you require overnight accommodations, please call the hotel directly. When making the reservation tell them you are with the Metabolic Family Workshop/ Children's Hospital and you will get a special rate (by March 25, 2011).



Travelling From Toronto?

From the 401 Exit 186B North. Go 7 Stop Lights. Best Western is on the Left.

Travelling From Windsor?

From the 401 Exit 186 North. Go 7 Stop Lights. Best Western is on the Left.

0900 AM – 1000 AM	Registration			
1000 AM – 1045 AM	<p>Welcome Dr. Chitra Prasad</p> <p>Youth Presentation Jill Tosswill, Sadiq Chevelwalla, Laura Ridout, Leanna Glasbergen</p> <p>Orphanet Ashraf Ghadban</p>			
1045 AM – 1200 PM	Workshops (Split into Groups)			
	<p>Lysosomal Storage Disorders</p> <p><i>New Developments in Lysosomal Diseases</i></p> <p>Dr. Rupar Veronica Kokavec Karen Sappleton Ashraf Ghadban</p>	<p>Neurological</p> <p><i>Navigating the School System</i></p> <p>Dr. Goobie Hope Sharp Carol DeDecker Janet Gritzan Samantha Smith</p>	<p>Teen & Young Adults</p> <p><i>Taking Ownership of Your Life</i></p> <p>Dr. Gold Heather Small Karen Weishein Oana Morar</p>	<p>Diet</p> <p><i>Special Diets and How They Impact Daily Life</i></p> <p>Dr. Geraghty Dr. Prasad Suzanne Ratko</p>
1200PM– 130 PM	Lunch and Social (view vendor displays)			
130PM – 215 PM	<p>Newborn Screening Ontario: Principles, Process and Outcomes - How and why Dr. Michael Geraghty</p>			
215 PM – 230 PM	Stretch and Snack Break			
230 PM – 345 PM	<p>Caring for the Caregivers Michael Moore</p>			
345 PM – 400 PM	<p>Closing Remarks Dr. Tony Rupar</p>			