



Ontario Rehabilitation Work & Community



Nutritional Menu Planning

for Residential Counsellors, SIL Support Workers, Mental Health Workers, Individuals, & Parents.

September 24, 2009

Presented By: Trina Alps, B.Sc., RD

LEARN ABOUT THE IMPACT OF PROPER NUTRITION ON THE PHYSICAL AND EMOTIONAL WELLBEING OF ADULTS WITH DEVELOPMENTAL DISABILITIES

This workshop is geared to the service workers and caregivers of people with developmental disabilities, living in group homes, independently, and with families.

Come and learn about:

- ◆ How medications and diet can interact;
- ◆ How diet and nutrition can affect certain diseases (ie. Celiac, Crohns, diabetes);
- ◆ *How nutrition and diet can reduce individual behavior concerns;*
- ◆ *How proper nutrition can reduce visits to the physician and hospitals;*
- ◆ And much more....





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Cost: \$50.00 (for ORWC Members) or \$60.00 (for Non-Members)

Registration: 9:00 am
Coffee, juice and muffins provided.

Workshop time: 9:00 am – 4:00 pm
Brown Bag or local restaurants for lunch.

**Locations: Christ Church, Richmond Road, Bells
Corners**
Registration Form:

Name:
Agency/ Organization:
Address:
City:
Postal Code:
Phone Number:
Fax Number:
e-mail address

Cheque payable to: O.R.W.C
Attention: Tracy Pilgrim Cassidy
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