



Long Island Regional Student Support Services Center

A Long Island Regional Office of the New York State Education Department
Serving the school districts and communities of Nassau BOCES,
Western Suffolk BOCES and Eastern Suffolk BOCES

Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!

PRESENTER: Karen Sossin

AUDIENCE: Dir. of Health, Athletics & Phys. Ed.
Nurses, Pupil Personnel

DATE: November 10, 2009

TIME: 8:00 a.m. – 1:30 p.m.

PLACE: 31 Lee Avenue
Wheatley Heights NY 11798

FEE: \$50pp (A506 members)
\$75pp (non-members)
A506 is for Western Suffolk BOCES
Component Districts Only

KAREN SOSSIN, MS, CDN has both undergraduate and graduate degrees in nutrition. She has a certification in Health and Fitness from the American College of Sports Medicine. Karen is a member of the American Dietetic Assn, American Diabetes Assn, and the American College of Sports Medicine. Karen serves as the Nutrition Advisor to the N.Y. State Public H.S. Athletic Assn and is the Project Director for the Female Athlete Triad Awareness and Prevention Program. Karen is also an adjunct professor at L.I. University as well as a nutrition consultant to the public and private schools throughout N.Y. State.

Description: This curriculum written by Kathy Kater is a comprehensive resource manual and lesson guide with scripted lessons and activities for grades four, five, or six. The program is designed to promote a positive body image, appropriate eating behavior, quality fitness and nutrition as well as a healthy body weight.

PERSONAL CHECKS MUST BE RECEIVED NO LATER THAN THE DAY OF THE EVENT
 Component Districts of WSB- \$ ___ personal check ___ commitment A506
 Districts outside WSB - \$ ___ cross contract ___ personal check ___ purchase order ___
 Make checks payable to Western Suffolk BOCES
 Mail or Fax Registration to: Joann Zerbo, L.I. Regional Student Support Services
 31 Lee Avenue, Wheatley Heights, NY 11798
 FAX 631/ 623-4914
 Need information? jzerbo@wsboces.org or 631 595-6843
 WS BOCES Component Districts of A506 for 2009-2010:
 Amityville, Babylon, Cold Spring Harbor, Commack, Copiague, Deer Park, Elwood,
 Half Hollow Hills, Harborfields, Huntington, Kings Park, Lindenhurst, North Babylon, Northport, Smithtown, South
 Huntington, West Babylon, Wyandanch

*** Cancellation Policy:** Cancellations should be made at least 5 business days prior to the workshop. Failure to do so will result in your district being charged for the conference. All no-shows will be billed for the full amount of the conference.

From the Long Island Expressway: Get off the LIE at exit 50, Bagatelle Road. Head South on Bagatelle Road for approximately 2 miles. Make a left onto Lee Avenue (Blinking Red Light). School is on the corner of Lee Avenue and Bagatelle Road

From Southern State Parkway: Get off the Southern State Parkway at exit 36 North (Straight Path). Travel approximately 3 miles. Follow sign which reads, "To Long Island Avenue – South 18th Street" (where 2 lanes become one) Make a left at the light. Follow over the tracks until it turns into North 18th Street. Continue until the end, which is Lee Avenue. Make a left onto Lee Avenue. Go approximately 1/8 mile. School is on the right-hand side. **Enter the driveway on the far right of the school. Park in the first parking lot. Enter the first door on the side of the school for the Conference Room. Enter the second door on the side of the school for the Computer Lab, Resource Library, Suffolk's Edge Teacher Center and the offices of the Division of Instructional Support Services.**

Healthy Body Image
November 10, 2009 8:00 a.m. – 1:30 p.m.

NAME: _____ **Position:** _____

District: _____

Telephone: (work) _____ **(home)** _____

Email: _____

**Please Respond by
 November 2, 2009**