



# OBESITY MANAGEMENT TRAINING

A WORKSHOP ORGANIZED BY THE CANADIAN OBESITY NETWORK • WWW.OBESITYNETWORK.CA

**SAVE THE DATE:  
WEDNESDAY, NOVEMBER 12, 2014 • 8:00 A.M. - 4:00 P.M.**

**THE OTTAWA HOSPITAL, GENERAL CAMPUS, AUDITORIUM, 2<sup>ND</sup> FLOOR, 501 SMYTH ROAD  
OTTAWA, ONTARIO K1H 8L6**



**JOIN DR. ARYA SHARMA** FOR A 4 HOUR WORKSHOP ON THE **5A<sup>S</sup> OF OBESITY MANAGEMENT**, A SET OF PRACTICAL TOOLS TO GUIDE PRIMARY CARE PRACTITIONERS IN OBESITY COUNSELING AND MANAGEMENT. THE AFTERNOON SESSION WILL FOCUS ON HOW TO PREPARE PATIENTS FOR BARIATRIC SURGERY AND POST-OPERATIVE CARE IN THE COMMUNITY.

## 5A<sup>s</sup> of Obesity Management



**ARYA SHARMA,**  
MD/PhD, DSc. (h.c.), FRCPC  
Professor of Medicine and  
Chair for Obesity Research  
and Management, University  
of Alberta & Scientific  
Director of the Canadian  
Obesity Network.

### LEARNING OBJECTIVES

- To increase awareness of the fundamental principles of obesity management
- Recognize obesity as a chronic disease
- Understand the key elements of obesity assessment and counseling
- Apply the 5As intervention framework to their patients
- Pre and post-operative care of patients undergoing bariatric surgery

### CO-HOSTED BY



The Ottawa Hospital | L'Hôpital d'Ottawa



**THIS PROGRAM HAS BEEN ACCREDITED BY THE COLLEGE OF FAMILY PHYSICIANS OF CANADA FOR 1 MAINPRO M1 CREDIT**

For further information, please contact: Shannon Porcari at: 613-798-5555 ext. 18833  
Completed registration forms may be emailed to: Shannon Porcari (sporcari@toh.on.ca) or faxed to: 613-761-5343.



# 5A'S OBESITY MANAGEMENT TRAINING REGISTRATION FORM

**WEDNESDAY NOVEMBER 12, 2014 • 8:00 A.M. - 4:00 P.M.**

THE OTTAWA HOSPITAL, GENERAL CAMPUS, AUDITORIUM, 2<sup>ND</sup> FLOOR, 501 SMYTH ROAD, OTTAWA, ONTARIO K1H 8L6

## TO REGISTER:

SPACE IS LIMITED AND REGISTRATION IS REQUIRED. COMPLETED REGISTRATION FORMS MAY BE EMAILED TO: SHANNON PORCARI (SPORCARI@TOH.ON.CA) OR FAXED TO: 613-761-5343.

**CONTACT INFORMATION:** (as it will appear on your name badge)  Dr.  Mr.  Ms.

**CURRENT ENROLLMENT:**

<input type="checkbox"/> Family Physician	<input type="checkbox"/> Kinesiologist/Exercise Prof.	<input type="checkbox"/> Other: _____
<input type="checkbox"/> Specialist	<input type="checkbox"/> Psychologist	_____
<input type="checkbox"/> RN/NP	<input type="checkbox"/> Occupational/Physical Therapist	_____
<input type="checkbox"/> Dietitian	<input type="checkbox"/> Pharmacist	_____
<input type="checkbox"/> Resident/Fellow	<input type="checkbox"/> Social Worker	
<input type="checkbox"/> Surgeon	<input type="checkbox"/> Admin/Program Chair	

Last Name\*: \_\_\_\_\_ First Name\*: \_\_\_\_\_  
 Address Line 1: \_\_\_\_\_ Institution: \_\_\_\_\_  
 Address Line 2: \_\_\_\_\_ City: \_\_\_\_\_  
 Province/State: \_\_\_\_\_ Postal Code/Zip Code: \_\_\_\_\_  
 Email\*: \_\_\_\_\_ Country: \_\_\_\_\_  
 Phone (please include area code)\*: \_\_\_\_\_ Fax (please include area code): \_\_\_\_\_

\* Required contact information - this will be used for the pilot study but will not be made publicly available.

## 5A'S REGISTRATION: Wednesday, November 12, 2014. Space is limited and registration is required.

CON-RCO member\*  \$FREE Registration Required  
 Non-member\*  \$FREE Registration Required

LUNCH IS INCLUDED IN REGISTRATION

DIETARY RESTRICTIONS:  Vegetarian  Allergy:  Other: \_\_\_\_\_

**PLEASE NOTE:** On-site registration desk open at 7:30 A.M. Coffee break and lunch will be provided. By registering for this workshop you agree to participate in a pilot study on the 5As of Obesity Management. All registrants will be required to complete a short Pre/Post evaluation survey and agree to be contacted by email (preferred) or phone by the Canadian Obesity Network.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\*CON Membership is free. Please go to [www.obesitynetwork.ca](http://www.obesitynetwork.ca) and click "Join Us"