

# COMMUNITY HEALTH EDUCATION PROGRAM VIDEOCONFERENCING SESSION

a Community Health and Social Services Network partnership  
funded by Health Canada through the McGill Human Resources Training  
and Development Project

## *Gaining and Losing Weight: Get the new facts*

with Dr. Sylvia Santosa, Researcher, Assistant Professor - Nutritional Science, Department of  
Exercise Science, Concordia University, Montreal

Moderated by Jo Ann Jones at the Montreal Children's Hospital



Come join us for a free ENGLISH information session (a 45-minute presentation, interspersed with your questions). Join our expert presenter to explore new research on why we gain/lose weight, to learn:

- What causes weight gain?
- How genes, environment and marketing affect our body weight.
- What is "healthy eating"? Strategies for losing weight and why it can be challenging to keep it off.

<b>Title:</b>	<b><i>Gaining and Losing Weight: Get the new facts</i></b>
<b>Presenter:</b>	Dr. Sylvia Santosa,
<b>Date:</b>	January 18 <sup>th</sup> , 2012
<b>Time:</b>	10:00 am to noon
<b>Place:</b>	Northern Lights Adult Education Centre, 530 Brochu Avenue, Sept-Îles, QC, 3 <sup>rd</sup> floor
<b>Call to register:</b>	Marilyn Durepos (418) 296-1549 (home office Baie-Comeau) OR E-mail: <a href="mailto:nscanpi@quebecnorthshore.org">nscanpi@quebecnorthshore.org</a>

Today's technology helping to increase access to health topics in English!

Brought to you by:



The North Shore Community Association  
39 Marquette  
Baie-Comeau, QC G4Z 1K4