

Healthy LIFE Super Seminar Key Facts and Skills for Weight Management

This fun and educational 3-hour seminar will teach many basics of healthy weight management, including nutrition information, behavioral skills, and the importance of enjoyable exercise. This seminar is perfect for kids and teens who tend to put on weight more easily than others. It is the most affordable educational option available to our overweight patients and their families and a great place to start!

Date: Thursday Evening, **September 10, 2009** **Time:** 5:30-8:00 **Cost:** \$100/family

Instructor: Dr. Debra Gill, Psychologist specializing in weight management

Place: Saint Barnabas Ambulatory Care Center (Classroom A and B)

Skills and Topics Covered:

- Reducing calories while increasing enjoyment—deprivation-free weight loss
- Healthy Everyday Foods vs. Not-So-Healthy Sometimes foods
- Have your cake and TASTE it too! (Slow, savoring, and mindful eating)
- Size matters! Tips and tricks for controlling portions
- What you see is what you want! (or, out of sight, out of mind)
- Stop! ... in the name of Fullness; and asking “Am I really Hungry?”
- What’s in a label anyway? (Basics of reading food labels and daily nutrition goals)
- Asking “Is it worth it”? Maximizing nutrition and enjoyment for your calories.
- Activity: Exercise, “Exerplay” and finding time to MOVE

The **Healthy LIFE Super Seminar** provides our overweight patients at the Saint Barnabas Pediatric Specialty Center with a foundation of knowledge and skills that we build on with the **Healthy LIFE behavioral coaching program**.

The **Healthy LIFE behavioral coaching program** involves 4-8 personalized visits where each participant will see Debra Gill, Ph.D., our weight management expert, as well as one of four pediatric endocrinologists (MD’s). Visits will **not** carry additional costs above your usual costs for an endocrine doctor visit. However, participants must have attended the **Healthy LIFE Super Seminar** (held approximately once a month) in order to learn the techniques they will be putting into action during the **Healthy LIFE behavioral coaching program**. (The cost of Dr. Gill’s weight management coaching visits is normally \$192 per hour, so **patients save a lot by participating** in this combined of seminar plus coaching.

In the **Healthy LIFE behavioral coaching program**, participants will develop personal strategies for weight management, set specific and achievable goals, have accountability, receive regular checks of weight, body fat and muscle, practice planning and problem-solving, and receive positive feedback for accomplishments. You will learn more about how the behavioral coaching program works when you attend the Super Seminar. We look forward to seeing you there. Please complete the attached registration form and send any questions directly to Dr. Gill.

REGISTRATION INFORMATION

Healthy LIFE Super Seminar

Workshop leader, Dr. Debra Gill, is a licensed psychologist and certified fitness instructor with over 15 years experience facilitating weight management and healthy lifestyle change. She counsels families, groups, and individuals on a daily basis, and is routinely invited to give talks to parent organizations, community groups and to other health professionals throughout NJ. Magazines such as Family Circle and Parenting have featured her work, and she has shared her expertise on air through cable TV. Dr. Gill currently runs the comprehensive Healthy LIFE program, which is designed to help children and teens reach and maintain a healthy weight, become more fit and energetic, and learn how to make healthy choices without giving up enjoyment and satisfaction.

Thursday, Sept 10th or 17th, 5:30-8:00
SAINT BARNABAS AMBULATORY CARE CENTER
200 SOUTH ORANGE AVENUE, LIVINGSTON, NJ 07039
CLASSROOM A and B (1st floor West Wing, make a left at Pharmacy)

Child's Full Name and Age: _____

Names (and ages for children) of other family or household members who will be attending:

_____ ()
_____ ()

Home Address: _____

Home Phone: _____ email address: _____

Cell Phone: _____ Work# _____

Registration Fee: \$100.00 per Family (in advance)
All registered families will receive a folder of handouts reviewing all skills learned

_____ **CHECK MADE PAYABLE TO: PEDIATRIC SPECIALTY CENTER**

Credit Card: (please circle one) VISA MASTERCARD AMERICAN EXPRESS

Name on Credit card: _____

Credit Card number: _____

Expiration Date: _____ **CVV# on front or back of card** _____

PLEASE MAIL, FAX, or EMAIL completed REGISTRATION FORM AND PAYMENT TO:

Saint Barnabas Ambulatory Care Center
Pediatric Specialty Department -Attention: Lissette Lopez
200 South Orange Avenue
Livingston, NJ 07039
Confidential Fax Number: 973-322-7504 Password Protected email address: dgill@sbhcs.com

Questions? Please email Dr. Gill (dgill@sbhcs.com) or leave her a message at 973-322-7620.

Registration and Payment appreciated ASAP, due Sept 2