



Disciplined vs. Disordered Eating: How to Promote Nutrition and Performance Without Triggering Obsession

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..... Nutrition Forum

Best Western Plus Winnipeg Airport Hotel (formerly the Greenwood Inn) 1715 Wellington Ave, Winnipeg, MB

Program

March 7, 2019

8:30 am Registration (light breakfast is provided)

9:00 am Opening remarks

Sarah Cahill, RD Nutrition Educator, Dairy Farmers of Manitoba

9:10 am Why Today's Topic?

Jessica Setnick, MS, RD, CEDRD & Jorie Janzen, RD, IOC Dipl Sports Nutrition, CSSD

In an interview style, both Jessica and Jorie will share their journey in working with those who suffer with disordered eating and eating disorders from either a general population or sport/athlete perspective.

10:30 am Nutrition break

11:00 am 50 Shades of Dysfunctional Eating - the slippery slope between discipline & disordered

Jorie will discuss the topic of Relative Energy Deficiency in Sport (RED-S). Jessica will bring insight into the history of eating disorders with a special focus on Orthorexia.

12:30 pm Lunch break (lunch is provided)

1:30 pm Tools in our Tool Box - say "this" not "that", assessment tools and best practice

2:15 pm Break

2:30 pm Panel Discussion - real life is about progress, not perfection

You will hear directly from an athlete their journey and relationship with food and their body through sport. The highs and lows for an athlete and anyone suffering from an eating disorder are very real. Together we will explore the very important roles attendees play in keeping athletes and clients healthy, well and performing.

3:20 pm Closing remarks

Speakers

Jessica Setnick, MS, RD, CEDRD-S



Jessica Setnick has one of the most recognizable names in the eating disorders treatment world, thanks to her engaging and charismatic presentation style, her unique point of view, and her genuine ability to connect on a deep level, even from the podium. She has spent her career developing eating disorder treatment protocols in every level of care and shares her wealth of knowledge with health professionals and the public in every possible format, including the Eating Disorders Boot Camp: Training Workshop for Professionals audio course, The Eating Disorders Clinical Pocket Guide, The Academy of Nutrition and Dietetics Pocket Guide to Eating Disorders, as Eating Disorder Editor at Recovery Campus Magazine, as a CEDRD Supervisor and mentor to treating professionals around the world, and in over 250 conference and event presentations. Jessica's latest project is The Absolutely Essential Guide for Dietitian Speakers: Everything You Need to Pitch, Plan, Present & Get Paid. Her mission is that everyone with eating issues gets the care that they need without difficulty obtaining access to treatment.

Website: www.understandingnutrition.com

Jessica Setnick

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Understanding Nutrition

Jorie Janzen, RD, IOC Dipl Sports Nutrition, CSSD



Jorie is a performance dietitian and health & wellness life coach. Her high energy, dedication, motivation and humor have allowed her to work with high performance athletes, corporate wellness and individuals coaching them to go beyond survival mode to create a life, a business of both success and significance. Jorie has been working and mentoring in the field for 15 years. She works for the Canadian Sport Centre Manitoba as Director of Sport Dietetics and holds a private practice working with athletes, eating disorders and corporate health and wellness. She was past president of the Sport Medicine and Science Council Manitoba Board, past co-chair of Dietitians of Canada Sport Nutrition Network, past provincial executive representative, and is the founder and co-chair of the Manitoba Sport Nutrition Network Inc. With each and every work opportunity, Jorie coaches her clients to live to their ultimate potential. Jorie's motto is to help you achieve gold medal performance in all areas of life!

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