

## Program

**Friday, December 1, 2017**

<b>8:00 am</b>	<b>Registration and light breakfast</b>
<b>8:30 am</b>	<b>Welcome and opening remarks</b> Sarah Cahill, RD, Nutrition Educator, Dairy Farmers of Manitoba
<b>8:45 am</b>	<b>Introduction to sleep, its relationship to nutrition and mental health and sleep health strategies that can help</b> Diana McMillan, RN, PhD, Associate Professor, Rady Faculty of Health Sciences, University of Manitoba & Associate Professor of Clinical Practice, Health Sciences Centre, Winnipeg  Have you ever wondered what sleep is and what it does for our body and mind? Are your kids too tired to listen and learn? This overview will provide learners with a basic understanding of sleep, mechanisms that drive sleep, sleep requirements and challenges across developmental ages, and the health implications for not getting enough good quality sleep. Find out how sleep is critically related to both nutrition and mental health, and explore simple sleep strategies to support better sleep, learning and health.
<b>10:15 am</b>	<b>Q &amp; A</b>
<b>10:30 am</b>	<b>Nutrition break</b>
<b>11:00 am</b>	<b>The Whole Day Matters – an integrated approach to healthy movement behaviours and a good night’s sleep</b> Mark Tremblay, MSc, PhD, CSEP-CEP, Director of Healthy Active Living and Obesity Research, Children’s Hospital of Eastern Ontario Research Institute  This presentation will outline compelling evidence that movement behaviours throughout the whole 24-hour period (sleep, sedentary behavior, physical activity) are fundamentally interconnected and together, inseparably, relate to health. The Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep were published in the 2016 ParticipACTION Report Card on the Physical Activity of Children and Youth and represent the world’s first guidelines that take such an integrated approach. The new guidelines will be presented and recommendations for their use in schools, clinics, public health, and daily life will be provided. Future work on extending a similar approach to adults and young children will be discussed.
<b>12:00 pm</b>	<b>Q &amp; A</b>
<b>12:15 pm</b>	<b>Lunch</b>
<b>1:15 pm</b>	<b>How can mindful eating help build a health promoting and positive relationship with food?</b> Megrette Fletcher, M.Ed., R.D., CDE, Co-founder of The Center for Mindful Eating  Is having a healthy relationship with food necessary? This presentation will highlight research that explores the positive effects of mindful eating. Learn how mindfulness-based interventions can change obesity-related eating behaviors. Participants will explore the benefits of mindful eating for themselves by engaging in an activity that teaches how to recognize and honor their bodies own hunger and fullness signals as well as how to bring this into their own counseling or school setting.
<b>2:45 pm</b>	<b>Q &amp; A</b>
<b>3:00 pm</b>	<b>Closing remarks</b> Pat Bugera Krawchuk, RD, Nutrition Programs Manager, Dairy Farmers of Manitoba

# Speakers

## **Diana McMillan, RN, PhD** Email: [Diana.Mcmillan@umanitoba.ca](mailto:Diana.Mcmillan@umanitoba.ca)

Dr. Diana McMillan is a Registered Nurse and Associate Professor in the College of Nursing, Rady Faculty of Health Sciences at the University of Manitoba as well as the Associate Professor of Clinical Practice for the Health Sciences Center. She has an active research program and clinical practice in sleep, studying how sleep impacts a number of factors including health in patients and the broader Manitoba population, performance in athletes, learning in students, and decision-making and safety in health professionals.

Dr. McMillan has over 50 publications in journals and textbooks, has presented locally, nationally and internationally on the topic of sleep, and is frequently interviewed on CBC, CTV and CJOB. In her spare time she enjoys getting off the grid and being in nature on multi-day canoe trips.

## **Mark Tremblay, MSc, PhD, CSEP-CEP** Email: [mtremblay@cheo.on.ca](mailto:mtremblay@cheo.on.ca)

Professor Mark Tremblay is the Director of Healthy Active Living and Obesity Research (HALO) at the Children's Hospital of Eastern Ontario Research Institute and Professor of Pediatrics in the Faculty of Medicine, University of Ottawa. He is a Fellow of the American College of Sports Medicine, Chair of the Active Healthy Kids Global Alliance, Chair of the Canadian Physical Activity Guidelines Committee, Founder of the Sedentary Behaviour Research Network, and former Dean of Kinesiology at the University of Saskatchewan.

Dr. Tremblay has published more than 330 scientific papers and book chapters in the areas of childhood obesity, physical activity measurement, exercise physiology, sedentary physiology and health surveillance. Dr. Tremblay received an honorary doctorate from Nipissing University, the Queen Elizabeth II Diamond Jubilee Medal, the Lawson Foundation 60th Anniversary Award and the Canadian Society for Exercise Physiology Honour Award for his leadership contributions to healthy active living in Canada. Dr. Tremblay's most productive work has resulted from his 28-year marriage to his wife Helen, yielding four wonderful children.

## **Megrette Fletcher, M.Ed., R.D., CDE** Email: [megrette@gmail.com](mailto:megrette@gmail.com) Website: [www.megrette.com](http://www.megrette.com)

Megrette is a registered dietitian and certified diabetes educator who has worked in diabetes care since 1995. Her interest in mindful eating started in 1999 when she began meditating on a consistent basis. In 2005, she co-founded The Center for Mindful Eating, an international non-profit organization that explores the benefits of mindfulness and health. In addition to offering webinar trainings about the scientific benefits of mindfulness and health, Megrette has written four books for professionals including *The Core Concepts of Mindful Eating*, *Discover Mindful Eating*, *Discover Mindful Eating for Kids* and co-authored *Eat What You Love, Love What You Eat with Diabetes*, Michelle May MD.

She is very active in the cycling community, and in 2011, her passion for biking prompted her to form the largest and top-grossing cycling team in the Tour de Cure (for diabetes) Kennebunk fundraising event. Megrette, a dog lover, passable cook, and terrible bowler, is blessed to live and laugh with her family in beautiful in New Hampshire, USA, outside of Boston, Massachusetts.

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