

2010 CHILD disABILITY AWARENESS SPEAKER SERIES



The Oregon Child Disability Resource Center presents

Stop The Food Fight! Building Healthy Eating Habits for Children with Down Syndrome and other Disabilities



Joan Guthrie Medlen, R.D., L.D.

Joan is the author of *The Down Syndrome Nutrition Handbook: A Guide to Promoting Healthy Lifestyles* (2002, 2006), the first, and only, text dedicated to promoting healthy living for people with Down syndrome at any age. She is the clinical advisor of Health Literacy and Communications for Special Olympics Inc. Healthy Athletes Health Promotion Program. She writes for a variety of publications, including *Disability Solutions*, book chapters about healthy living for people with Down syndrome and presents workshops for parents, professionals, and people with Down syndrome and developmental and intellectual disabilities around the world.

Joan Medlen, R.D., L.D., is an internationally recognized dietician. She will share strategies proven to improve the health of your children with disabilities with little or no stress.

Joan's innovative, often playful activities are designed to be fun and positive experiences for families. Joan will give parents easy-to-use tools in making healthy choices for and with their children.

Friday, March 12, 2010 8:30 a.m. to 1 p.m.
Cancer Center Amphitheater
(next to Providence Child Center)
830 NE 47th Ave., Portland, Ore. 97213

Seating is limited and registration is required. Register at: www.providence.org/childcenter on the Swindells Resource Center page.

Spanish interpretation is available if requested prior to February 12, 2010

To receive a certificate of attendance there is a \$25.00 fee.

Providence Child Center DOES NOT discriminate on the basis of race, color, gender, age, national origin, religion, sexual orientation, marital status, genetic identification, political affiliation or disability in matters affecting employment, or in providing access to programs.

DOWN SYNDROME NETWORK OREGON
Advocacy, Inclusiveness, Compassion, Comfort, Hope, Respect for Life

OrFIRST
Oregon Families Information Referral Services and Training

PROVIDENCE
Child Center

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Oregon Parent Training
and Information Center