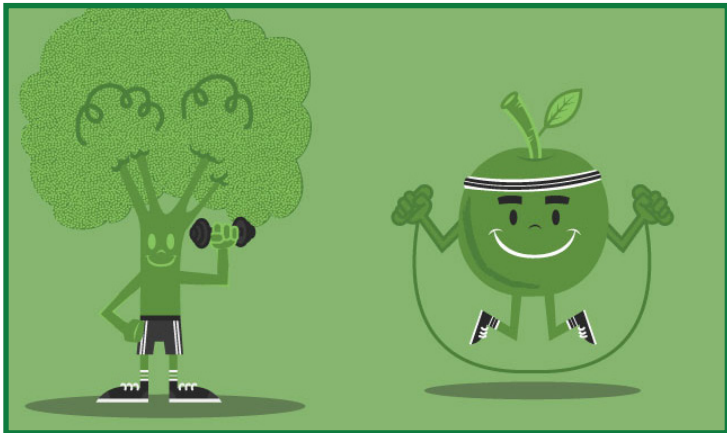


# EATING RIGHT

## FOR THE HEALTH OF YOUR FAMILY AND THE PLANET

Best Practices In Maintaining A Healthy Weight , Maximizing Overall Health And Keeping Chronic Disease At Bay While Living Sustainably



A Talk with Dr. Tom Warshawski

**APRIL 12TH**

Summerhill Winery

**6:00PM** Doors Open

\*pizza available for purchase

**7:00PM** - Speaker

**8:00PM** - Q&A

**FREE TO ATTEND**

Registration Required

Free childcare available

Childhood Nutrition and Wellness Information

Please register at [casorsofamilies.weebly.com](http://casorsofamilies.weebly.com)

Tom Warshawski practices as a consultant pediatrician in Kelowna, British Columbia and is the Medical Director for Child and Youth for the Interior Health Authority of British Columbia. Dr Warshawski is an associate clinical professor of Pediatrics with the University of British Columbia, is a member of the Heart and Stoke Foundation Compass Committee and he is the current chair of the Childhood Obesity Foundation (COF). He is a past member of the Healthy Active Living committee of the Canadian Pediatric Society, a past president of the BC Pediatric Society and a past president of the Society of Specialist Physicians and Surgeons of BC.

Dr Warshawski spearheaded the development of Sip Smart and is one of the leaders in the development of Screen Smart. He was a coleader in the successful initiative to disseminate both programs across Canada as part of a coalition funded by the Canadian Partnership Against Cancer's CLASP fund. Dr Warshawski is also cochairmen of the pan Canadian Stop Marketing to Kids Coalition and a PI of the LiGHT project. As chair of the COF he was a leader in overseeing the implementation of MEND and Shapedown programs across British Columbia.

For his efforts in promoting Healthy Active Living in children and youth, Dr Warshawski has been the recipient of the Judith Hall Award from the BC Pediatric Society, a Certificate of Merit from the Canadian Pediatric Society and a Special Achievement Award from the American Academy of Pediatrics.