SATURDAY, JANUARY 11, 2020

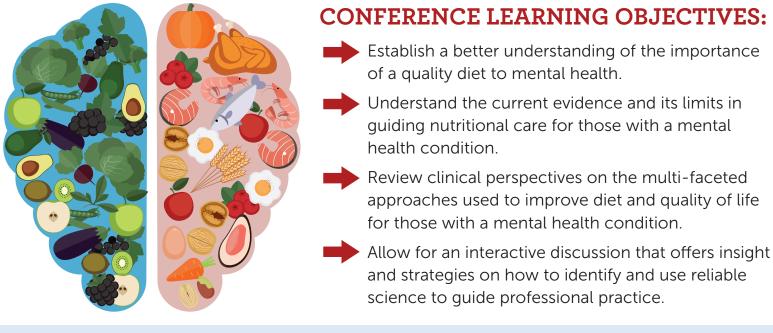
Marriott Downtown Eaton Centre Hotel 525 Bay St, Toronto, ON

ADVANCES IN NUTRITION Mental Health Across the Lifespan

One-day Thematic Conference



Advances in Nutrition: Mental Health Across the Lifespan is a one-day conference that will deliver an overview of current evidence and practice related to mental health and nutrition across the lifespan. Attendees will have the opportunity to learn from scientific experts and practitioners on treatment issues and how to address mental health conditions with diet and nutrition guidance.



This continuing education event was held under the auspices of Continuing Professional Development, Faculty of Medicine, University of Toronto and Canadian Nutrition Society.

Royal College of Physicians and Surgeons of Canada – Section 1:

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, approved by Continuing Professional Development, Faculty of Medicine, University of Toronto. You may claim up to a maximum of 6.0 Section 1 hours (credits are automatically calculated).

College of Family Physicians of Canada - Mainpro+: (ID# 191644)

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Continuing Professional Development, Faculty of Medicine, University of Toronto for up to 6.0 Mainpro+ credits.

Each participant should claim only those hours of credit that he/she actually spent participating in the educational program.

Live Streaming registration available for individuals and groups. All 2020 Thematic Conference speakers, panels, Q&As, opening and closing remarks will be live streamed throughout the entire conference.



Watch for more information at www.cns-scn.ca



SATURDAY, JANUARY 11, 2020

ADVANCES IN NUTRITION Mental Health Across the Lifespan

MARRIOTT DOWNTOWN EATON CENTRE HOTEL, 525 BAY ST, TORONTO, ON



CONFERENCE **PROGRAM**

7:30 am - 8:30 am	Breakfast and engagement with posters	SEGMENT THREE – Dementia	
8:30 am - 8:40 am	and sponsors Introductions and Objectives Speakers: Guylaine Ferland, PhD Heather Keller, RD, PhD, FDC, FCAHS	1:30 pm - 2:15 pm	Diets for a healthy brain in old age Speaker: Guylaine Ferland, PhD Professor, Department of Nutrition, University of Montreal Montreal Heart Institute Research Centre
SEGMENT ONE - Nutrition in the First 20 Years		2:15 pm - 2:45 pm	Living with dementia: nutrition challenges
8:40 am - 9:30 am	The Mental Health Legacy of Early Childhood Malnutrition: A 45 Year Longitudinal Study Speaker: Janina R. Galler, MD Professor of Psychiatry, Harvard Medical School Division of Pediatric Gastroenterology and Nutrition, MassGeneral Hospital for Children		and strategies for care Speaker: Heather Keller, RD, PhD, FDC, FCAHS Schlegel Research Chair Nutrition & Aging Schlegel-UW Research Institute for Aging & Professor, Department of Kinesiology, University of Waterloo
		2:40 pm - 3:05 pm	Speaker Q&A
		3:05 pm - 3:30 pm	Break
9:30 am - 10:10 am	Myths and Truths about eating disorder care and support: Getting to know the person, getting to know the disorder Speaker: Shawna Melbourn, B.Sc., AHN, Registered Dietitian, CEDRD-S Certified Intuitive Eating Counselor, Anchor Psychological Services	SEGMENT FOUR -	Panel Discussion - Multidisciplinary Perspectives on Nutrition in Mental Health
		3:30 pm - 3:40 pm	Setting the Stage - Addressing metabolic comorbidity in severe mental illness: an update Speaker: Margaret Hahn, MD, PhD, FRCPC Associate Professor, Department of Psychiatry University of Toronto Lead, Mental Health and Metabolism Clinic, Centre for Addiction and Mental Health (CAMH)
10:10 am - 10:30 am	Speaker Q&A		
10:30 am - 10:50 am	Break		
SEGMENT TWO – Addictions		3:40 pm - 3:50 pm	Setting the Stage - Social Determinants
10:50 am - 11:30 am	Nutritional Implications of Medical Marijuana Speaker: Dr. Robert L. Tanguay, BSc (Hons), MD, FRCPC, CISAM, CCSAM Provincial Medical Lead, Opioid Dependency		of Nutrition in Complex Mental Illness in inpatient settings Speaker: Nurit Basin Recreation Therapist Complex Care & Recovery Program Centre for Addiction and Mental Health
11:30 am - 12:00 pm	Training, Alberta Health Services Harm Reduction and Nutrition – supporting lives through relationships and food at a supervised consumption services site Speaker: Kelly Sullivan, RD Safeworks Harm Reduction Program and Southern Alberta Clinic Sheldon M. Chumir Health Centre	3:50 pm - 4:00 pm	Setting the Stage - The importance of nutrition in complex mental illness (CMI) Speaker: Kelly Matheson, MSc. RD, CDE Registered Dietitian and Certified Diabetes Educator, Complex Mental Illness Program, Centre for Addiction and Mental Health
		4:00 pm - 4:30 pm	Panel and Q&A Panel - Margaret Hahn, Nurit Basin, Kelly Matheson
12:00 pm - 12:20 pm	Speaker Q&A	4:30 pm - 4:45 pm	FINAL SUMMARY/ CLOSING REMARKS Speakers: Guylaine Ferland, PhD Heather Keller, RD, PhD, FDC, FCAHS
12:20 pm - 1:30 pm	Lunch/Poster and Exhibitor Viewing/ Networking		

