



in cooperation with the Region 1 DD Training Co-Op present:

What's on Your Plate? Nutrition and Healthy Lifestyles for Teens & Adults with Down Syndrome

Presented by:
Joan Guthrie Medlen, M.Ed., RD, LD

When: Wednesday, August 18, 2010 **Time:** 10:00 am – 11:30am

Where: **Your Computer!**

This is the Co-Op's first online course! Log in information will be sent after registration.

Cost: **\$10.00 for Co-Op Members** **\$20 for Nonmembers**

Who is a Co-Op Member? Family members & DD foster care providers of individuals Multnomah, Clackamas, Washington, Clatsop or Columbia County, and DD Program case management

Course Description:

What *is* on your plate? Cooking? Cleaning? Laundry? And you're the entertainment committee? Supporting people, whether you are a family member or a direct support provider, means living with a full plate of activities 24/7. If you are supporting a teen or adult with Down syndrome have you wondered if there's anything more to know about nutrition for the person you support? Have you tried (and tried and tried...) to get them to eat something "new" with no luck? Does the person you support want to lose weight but you are not sure how to support them through the immediate call of the ice cream bars in the freezer? You're not alone! This webinar focuses on nutrition-related concerns for people with Down syndrome. We'll talk about all these things and more.

About the Presenter:

Joan Guthrie Medlen, M.Ed, RD, LD, is a registered, licensed dietitian who focuses her diverse work on promoting healthful living for people with intellectual and developmental disabilities. She is the author of *the Down Syndrome Nutrition Handbook: A Guide to Promoting Healthy Lifestyles*, the first and only book on the topic and the director of Disability Compass. A native Oregonian, Joan is the mother of two young men, one of whom has Down syndrome, autism, and celiac disease.

Co-Op & member info: www.DisabilityCompass.org under "Classes and Training."

Sign me up! Nutrition & Healthy Lifestyles for People with Down Syndrome

Payment can be made by check or credit card Online or by mail

<http://tinyurl.com/compass-register> Or by check using the coupon below.

Log in Information will be sent after registration is received.

Name(s) Phone Number E-mail required to send log in information

Agency/Provider Foster Home? Y/N Mail address City State/ZIP

Training Co-op member? Y/N Enclosed \$ _____

Please send this registration form and check payable to

Community Vision for Compass
1750 SW Skyline Blvd #102
Portland, OR 97221