

**POWERING OFF SCREENS  
FOR KIDS HEALTH  
FREE WORKSHOPS  
FOR HEALTH PROFESSIONALS  
AND PARENTS**

Attend one session or both!

**LUNCH  
PROVIDED!**



**Wednesday, May 30, 2018**  
Peterborough Golf & Country Club  
1030 Armour Rd | Peterborough | ON K9J 7H4

**AFTERNOON SESSION  
FOR HEALTH PROFESSIONALS**

**Registration:** 11:30 - 12:00 p.m.  
**Lunch, Networking, Exhibits:** 12:00 - 4:30 p.m.  
**Presentations:** 12:45 - 4:30 p.m.

Hear the latest research on the science of stress and excessive screen use as a stressor for today's children.

Learn about the evidence behind the NEW 24 hour movement guidelines.

Explore what it means to create complete outdoor spaces for children.

**EVENING SESSION  
FOR PARENTS**

**Registration and Exhibits:** 5:30 - 6:00 p.m.  
**Expert Panel:** 6:00 - 8:00 p.m.

Talk about the impact of screens on the health of our children and the importance of building a balanced day.

Take away strategies on how to reduce children's stress focusing on self-regulation.

Hear valuable lessons about adapting to the world with a physical disability.

**OUR EXPERTS**

**Dr. Ian Janssen (both sessions)**  
Professor, School of Kinesiology and Health Studies,  
Department of Public Health Sciences at Queens  
University  
**Topic:** The 4 S's of healthy child movement: sweat,  
step, sit and sleep

**Dr. Susan Hopkins (both sessions)**  
Executive Director the MEHRIT Centre  
**Topic:** Screen-time, Stress, Self-regulation, and  
Children's Well-being

**Monique Beneteau (both sessions)**  
Health Promoter, Peterborough Public Health  
**Topic:** Healthy, Complete Outdoor Playspaces for  
Children

**Alec Denys (evening session only)**  
Paralympian  
**Topic:** Living Life Inspired

RSVP before May 24, 2018 at [eventbrite.ca](http://eventbrite.ca) search **Powering off Screens**