

Metabolic Family Workshop Planning Committee

Dr. Rana Chakrabarti	Erika Clements	Ashraf Ghabban
Samantha Colaiacovo	Darren Connolly	Sam Smith
Sarah Denomme	Rana El Shourafa	Blair Stone
Sharlene McKeown	Karen Groeneweg	Olivia Faust
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We thank all our sponsors

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London Health Sciences Centre



Children's Hospital
London Health Sciences Centre

Metabolic Family Workshop



Metabolic Family Workshop

Best Western Plus Lamplighter Inn & Conference Centre
Friday, May 12, 2017
9:00 AM - 3:30 PM
(Registration 9:00 - 10:00 AM)

Low Protein Cooking Demonstration

Real Canadian Superstore
Saturday, May 13, 2017
10:00 AM - 12:30 PM
(Registration 9:30 - 10:00 AM)

**Please R.S.V.P. Tel: 519-685-8500 extension 58453
or Email: janice.little@lhsc.on.ca by May 1, 2017**

Purpose of the Metabolic Family Workshop:

- ◆ make connections with families
- ◆ interact with speakers
- ◆ learn about different metabolic formulas and foods
- ◆ see what's new
- ◆ learn ways to take care of yourself and your family
- ◆ visit displays

Purpose of the Low Protein Cooking Demonstration:

- ◆ learn how to use low protein products
- ◆ learn how to make your meals more exciting and tasty
- ◆ make connections with families
- ◆ try new low protein recipes



Workshop Groups

Workshop I (11:15 AM - 12:15 PM)

Lysosomal Storage Disorders (LSD)

Join this interactive session about the LSD world: Fabry, Gaucher, Pompe mucopolysaccharidosis, leukodystrophies, Niemann - Pick, Acid lipase and others

Metabolic Disorders

(urea cycle, mitochondrial, porphyria, and other disorders)

This session will address common health care needs and how best to navigate through the health care system during outpatient and emergency visits

MCADD

This session will review both the medical aspects of MCADD and provide families with tools to better navigate emergency room visits

PKU: Cooking for the PKU Diet

Listen and learn from dietitian, Genevieve. In 2013, she began to explore different ways to help her families follow a healthy and restricted protein diet which also would be tasty and appetizing. In 2014, Genevieve launched www.lowprorecipes.com

Workshop II (1:30 PM - 2:30 PM)

School Age (7 - 12 year olds) - Child Life

Join the Child Life Specialists to create coping kits and participate in mindfulness activities

Teen - Art Therapy

This session will provide teens with an opportunity to participate in an art activity that will be fun and that will encourage communication. There is no previous art experience or skill required!

Adult

Resiliency and coping skills for adults and family members with metabolic disorders will be discussed

Parent

Parents of children with a metabolic disorder can experience care-giver fatigue. This session will allow for discussion about the role of being a parent with a child with a metabolic disorder and strategies for coping and self-care

As with previous years, there is a supervised playroom

13th Annual Low Protein Cooking Demonstration

Saturday, May 13, 2017

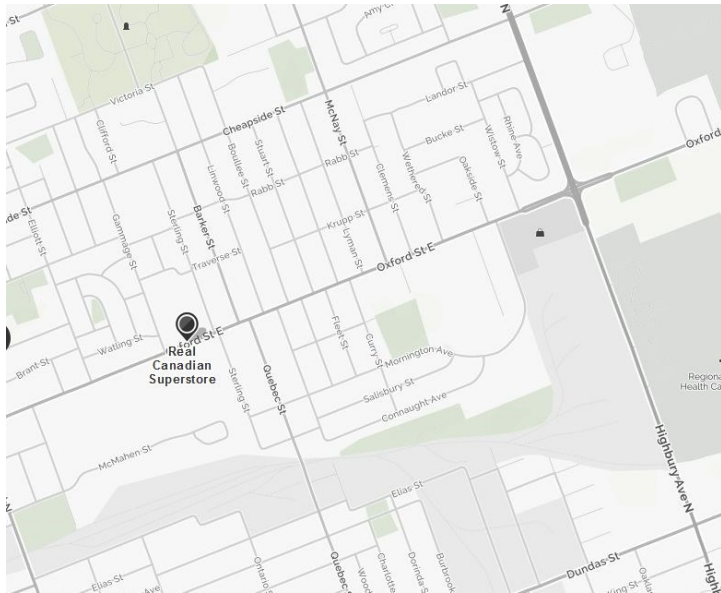
10:00 AM – 12:30 PM
(Registration 9:30 - 10:00 AM)

Real Canadian Superstore

825 Oxford Street East, London
(Oxford and Gammage)

Vitaflo is pleased to host our 13th Low-Protein Cooking Workshop featuring the incredible Chef Neil from England. Chef Neil is a Medical Diet Chef for Vitaflo International Ltd, specializing in Inborn Errors of Metabolism and the Ketogenic Diet. He develops recipes and runs cooking demonstrations and workshops around the world for Healthcare Professionals, individuals and families to help make managing a specialized diet easier.

View Chef Neil on Facebook at www.Facebook.com/ChefNeill



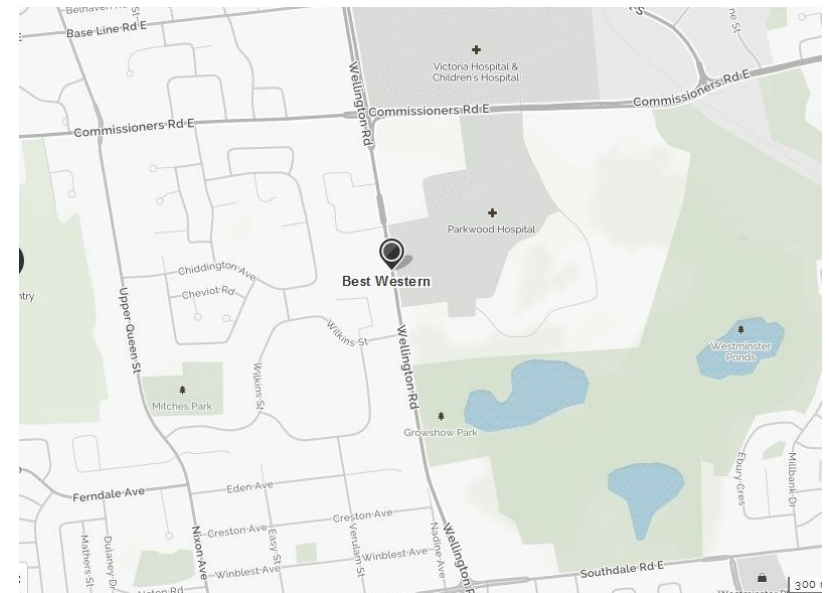
12th Metabolic Family Workshop

Friday, May 12, 2017

Best Western Plus Lamplighter Inn
591 Wellington Road , London, ON

For room reservations, call 519.681.7151
or visit
www.lamplighterinn.ca

Please indicate that you will be attending
the Metabolic Family Workshop




Travelling From Toronto?

From the 401 Exit 186B North. Go 7 Stop Lights. Best Western is on the Left.

Travelling From Windsor?

From the 401 Exit 186 North. Go 7 Stop Lights. Best Western is on the Left.

9:00 AM - 10:00 AM	Registration	<i>Please choose workshops for morning and afternoon. See a team member if you are unsure which workshop to attend. Please provide your email address for electronic communication.</i>
10:00 AM - 10:05 AM	Welcoming Remarks	Jackie Schleifer-Taylor, Vice President, Patient Centred Care, LHSC
10:05 AM - 11:00 AM	Navigating the course; can your family doctor be your first mate on this journey?	Dr. Bhooma Bhayana
11:00 AM - 11:15 AM	Snack / Beverages	
11:15 AM - 12:15 PM	<p>PKU/ Diet - The basics of low protein cooking: tips to be successful</p> <p>MCADD - Navigating the emotional and medical aspects of the condition</p> <p>Metabolic Disorders (urea cycle, mitochondrial, porphyria, and other disorders) Addressing Health Care Needs</p> <p>Lysosomal Disorders - The World of LSD</p>	<p>Genevieve Lafrance, Suzanne Ratko</p> <p>Jill Sangha, April Willison, Samantha Colaiacovo</p> <p>Dr. Chitra Prasad, Darren Connolly, Sue MacLean, Erin Little</p> <p>Dr. Tony Rupar, Dr. Rana Chakrabarti, Lisa Gearey</p>
12:15 PM - 1:15 PM	Lunch / Social Networking / Visit Vendors and Sponsors	
1:15 PM - 1:25 PM	Living with metabolic disorders	Dr. Akshya Vasudev
1:30 PM - 2:30 PM	<p>Child Life -  for Pre-teens</p> <p>Art Therapy - Therapeutic Art Activities for Teens</p> <p>Adults with Metabolic Disorder: Resiliency for adults with inborn errors of metabolism</p> <p>Parents / Caregivers - Coping Strategies</p>	<p>Erika Clements, Karen Groeneweg, Dr. Rana Chakrabarti</p> <p>Todd Wharton, Gill Yeallard, Samantha Colaiacovo</p> <p>Dr. Akshya Vasudev, Dr. Bhooma Bhayana, Dr. Tony Rupar</p> <p>Sue MacLean, Darren Connolly, Dr. Chitra Prasad</p>
2:40 PM - 2:50 PM	Stretch Break	
2:50 PM - 3:20 PM	Family Presentations	
3:20 PM - 3:30 PM	Final Remarks / Closing (Please Complete Surveys)	Dr. Tony Rupar