

2011 NW Weight Loss Conference Schedule

Friday, October 28, 2010		Location					
12:00 – 1:00	Registration for Workshop	Outside Cascade B					
1:00 – 5:00 pm	"Break the Chains of Obesity" Workshop Dr. Connie Stapleton with Cari De La Cruz	Cascade A & B					
6:00 - 7:00 pm	Registration	Mt. Hood Foyer					
7:00 – 7:15 pm	Cottage Cheese Bar & Music by Gayle Rentle	Mt. Hood A & B					
7:15 – 8:15 pm	Opening Session – Michelle Michaels, Wolf Radio D.J. - "Kiss & tell with Michelle" Motivational Sharing - Ken Coleman, Biggest Loser, Season 3	Mt. Hood A & B					
8:15 – 8:30 pm	Music by Gayle Rentle	Mt. Hood A & B					
8:30 – 9:30 pm	Table Talks	Mt. Hood A & B					
	<table border="1"> <tr> <td>Banded Bits Sandi and Gloria</td> <td>Emotional Desert Katie Jay</td> <td>Masks People Wear Cari De La Cruz</td> <td>Transfer Addiction Connie Stapleton</td> <td>Dudes Perspective Rob Portinga</td> </tr> </table>	Banded Bits Sandi and Gloria	Emotional Desert Katie Jay	Masks People Wear Cari De La Cruz	Transfer Addiction Connie Stapleton	Dudes Perspective Rob Portinga	
Banded Bits Sandi and Gloria	Emotional Desert Katie Jay	Masks People Wear Cari De La Cruz	Transfer Addiction Connie Stapleton	Dudes Perspective Rob Portinga			

Saturday, October 29, 2010 (Morning)		Location
7:00 – 8:00 am	Exercise: Zumba Gold with Patria McCoy	Cascade A & B
8:00 – 9:00 am	Late Registration ----- Breakfast On Your Own ----- Vendor Walk	Mt. Hood Foyer ----- Hotel Restaurant ----- Mt. Hood Foyer
9:00 – 9:50 am	Rose-Colored Glasses & Other Tools for WLS Success: Katie Jay, MSW, Pres. NAWLS	Mt. Hood A & B
10:00 – 10:50 am	Keynote Speaker: Dr. Emma Patterson (Bariatric Surgeon)	Mt. Hood A & B
11:00 – 12:15 pm	Cooking with Dave: Chef Dave Fouts, Nationally Known Chef and Author: Weight Loss Cook Book for Dummies	Mt. Hood A & B
12:15 – 1:15 pm	Lunch Provided Music During Lunch – Gayle Rentle The Community Gives Back – Antonia Namnath, Pres. WLSFA	Mt. Hood Foyer Mt. Hood A & B Mt. Hood A & B
1:15 – 1:30 pm	Vendor Walk	Mt. Hood Foyer

Saturday, October 29, 2010 (Afternoon/Evening)		Location
1:30 – 2:00 pm	Helpful Tips for Nutritional Eating: Annette Dexter & Kip Kennedy	Cascade A & B
2:00 – 2:50 pm	Post Op and a Doc: Dr. Connie Stapleton & Cari De La Cruz	Cascade A & B
3:00 – 3:50 pm	Emotional Eating (Avoiding Regain) Katie Jay, MSW, Pres. NAWLS	Cascade A & B
4:00 – 4:50 pm	Plastic Surgery After WLS: Dr. Waldorf and Dr. O'Brien	Cascade A & B
	----- Life and Weight Loss from a Dude's Perspective: Rob Portinga, FormerFatDudes.com	Cascade C
5:00 – 5:50 pm	Lessons for Successful WLS Patients: Sandi Henderson and Gloria Samuels, BandedLiving.com	Cascade C
6:00 - 7:00 pm	Dinner on your own	Hotel Restaurant
7:00 - 7:40 pm	Fashion Show - Celebrating Changes!	Mt. Hood A & B
7:40 – 8:05 pm	Join the Parade! Find Your Own Drum Beat Cari De La Cruz, BariatricAfterLife.com	Mt. Hood A & B
8:05 – 8:15 pm	Giveaways – Michelle Michaels	Mt. Hood A & B
8:15 – 11:00	Rae Gordon Band!! - Performance	Mt. Hood A & B

Sunday, October 30, 2010		Location
8:00 - 9:00 am	Breakfast on your own	Hotel Restaurant
9:15 - 9:30 am	Health is a Team Sport – Larry Van Tuyl, Living Healthy for a Lifetime	Mt. Hood A & B
9:30 - 10:20 am	Q & A with a Panel of Pros	Mt. Hood A & B
10:30 - 11:20 am	Getting Rid of Bad Habits - Ken Coleman	Mt. Hood A & B
11:30 – 12:30 pm	Where Do You Go From Here? - Katie Jay	Mt. Hood A & B
12:30 – 12:45 pm	Time to Launch – Michelle Michaels	Mt. Hood A & B