



# 14<sup>th</sup> Annual Conference

*Catching the Wave to a Healthier Lifestyle*



Co-Sponsored by:



## FRIDAY - FEBRUARY 12, 2010

<u>TIME</u>	<u>TOPIC</u>
8:30a.m. - 9:00a.m.	Registration / Breakfast / Exhibits
9:00a.m. - 9:30a.m.	Welcome and Keynote Speaker
9:30a.m. - 10:30a.m.	<u>Plenary Session 1 – Nutrition, Physical Activity and Wellness</u>
10:30a.m. - 10:45a.m.	Break / Snack / Exhibits
10:45a.m. - 12:00p.m.	<u>Nutrition, Physical Activity and Wellness Break-out Sessions</u> A. Community Strategies to Promote Health B. The Body Works Program C. Youth Initiatives
12:00p.m. - 1:00p.m.	Lunch- Sponsored by GlaxoSmithKline
1:00p.m. - 2:00p.m.	<u>Plenary Session 2 - Cultural Responses to Wellness</u>
2:00p.m. - 2:15p.m.	Break / Snack / Exhibits
2:15p.m. - 3:30p.m.	<u>Cultural Responses to Wellness Break-out Sessions</u> A. Culturally Relevant Wellness Programs B. Health Literacy C. Diabetes Wellness Campaign

## SATURDAY - FEBRUARY 13, 2010

<u>TIME</u>	<u>TOPIC</u>
7:00a.m. - 8:00a.m.	Morning Fitness Walk
9:30a.m. - 10:00a.m.	Breakfast
10:00a.m. - 11:00a.m.	<u>Plenary Session 3 - Primary Care and Wellness</u>
11:00a.m. - 12:15p.m.	<u>Primary Care and Wellness Break-out Sessions</u> A. Healthy Kids Program B. Promoting Heart Health in Kids with Metabolic Syndrome C. Obesity Research Projects
12:15p.m. - 1:15p.m.	Lunch – Sponsored by GlaxoSmithKline
1:15p.m. - 2:45p.m.	<u>Plenary Session 4 - Behavioral Health and Wellness</u> Using Motivational Interviewing for Lifestyle Change
2:45p.m. - 3:15p.m.	Closing

TASBHC 14<sup>th</sup> ANNUAL CHILD & ADOLESCENT CONFERENCE  
*Catching the Wave to a Healthier Lifestyle*

February 12 & 13, 2010

REGISTRATION FORM

(Please Print or Type) Name: \_\_\_\_\_

Name for Badge: \_\_\_\_\_

Credentials: \_\_\_\_\_ Title: \_\_\_\_\_

Employer: \_\_\_\_\_ Tel. # ( ) \_\_\_\_\_

E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

Street

City

State

Zip Code

I plan to attend: Lunch Friday: \_\_\_ Yes \_\_\_ No Lunch Saturday: \_\_\_ Yes \_\_\_ No

Do you have special dietary needs? \_\_\_ Yes \_\_\_ No (vegetarian, kosher, other \_\_\_\_\_)

Registration	\$195.00	_____
Late & On-Site Registration (After January 30)	\$250.00	_____
CEUs	\$10.00	_____
	<b>Total</b>	_____

**Make checks payable to: TASBHC (Tax ID: 75-275-9284)**

Purchase Order # \_\_\_\_\_ (attach copy) Visa / Mastercard # \_\_\_\_\_

Name as it appears on the credit card: (Print) \_\_\_\_\_ Expiration Date: \_\_\_\_\_

\*For Card Charges Only\*, I authorize the above charges Signature \_\_\_\_\_  
Date \_\_\_\_\_

Mail to:  
Dulce Torres, TASBHC Treasurer  
604 Aspenway Circle  
Eules, TX 76039

**8.75 hours of CE's are provided by an approved provider of continuing education:**

**CANCELLATION POLICY:** Registration cancellation must be in writing (via e-mail or fax) to TASBHC and must be postmarked by January 22, 2010. A \$25 processing fee will be incurred. No refunds will be issued after January 22, 2010. Emergency cancellations must be approved by the TASBHC Board. Refunds will not be awarded in the event of a natural disaster and alternate attendees will be accepted in lieu of a cancelled registrant.



**Conference Hotel**

Sheraton South Padre Island Beach Hotel  
310 Padre Boulevard  
South Padre Island, Texas 78597  
Phone: (956) 761-6551  
Fax: (956) 761-6570

To book your room now, follow this link:

<http://www.starwoodmeeting.com/StarGroupsWeb/res?id=0911243907&key=30A89>

Special Conference Rate Available 2/11, 2/12, 2/13:\$89 + tax  
Code: TASBHC

**Deadline for Reservations is January 12, 2010**

**Airports and Ground Transportation**

**From Brownsville International Airport (BRO):** Continental Airlines and American Airlines service the Brownsville airport. Ground transportation to South Padre Island is available through a FREE shuttle service. Check schedules here:

<http://www.flybrownsville.com/shuttleschedule.asp> .

You may also travel to the island via rental car, shuttle, or taxi. The approximate travel time from Brownsville to the Island is 35 minutes.

**From Harlingen International Airport (HRL):**

Valley International Airport, Harlingen, Texas:

[www.flythevalley.com](http://www.flythevalley.com)

Transportation to South Padre Island available via rental car, shuttle, or taxi.

**“Nursing contact hours have been applied for through the Texas Nurses Association, an accredited approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.”**

**TASBHC  
C/O Dulce Torres, Treasurer  
604 Aspenway Circle  
Eules, TX 76039**