



## Summer Professional Development Seminars July 20 & 27, 2013

The Ontario Society for Health and Fitness is pleased to be offering two special professional development seminars on the role of physical activity in the prevention and management of Type II Diabetes and Prediabetes. The seminars present an excellent opportunity for exercise professionals, kinesiologists, and other health and fitness practitioners to learn, network, and enhance their clinical expertise.

### Ottawa – Saturday, July 20, 2013

**Dr. Pierre Boulay**, PhD, ASCM-CES, CSEP-CEP

**Exercise Prescription and Type 2 Diabetes:  
Theory Into Practice**

*10:00am-12:30pm*

*RA Centre, room Courtside A  
2451 Riverside Drive, K1H 7X7*

Pierre Boulay is a professor in the Faculty of Physical Education and Sports at the University of Sherbrooke. Pierre obtained his undergraduate degree in Physical Education from the University of Moncton, and his masters in Exercise Physiology and doctorate in Kinesiology from Laval University. He has been involved in primary and secondary prevention programs of cardiovascular disease since 1990, and from 2010-2013 was the Regional Director of the Champlain Diabetes Regional Coordination Centre. He is a Certified Clinical Exercise Specialist with the American College of Sports Medicine and a Certified Exercise Physiologist with the Canadian Society of Exercise Physiology.

### Toronto – Saturday, July 27, 2013

**Dr. John-David Kato**, DC, MSc, CDE, ACSM-RCEP, CSEP-CEP

**Type 2 diabetes mellitus and elevated blood sugars:  
understanding exercise prescription guidelines and  
special considerations**

*10:00am-12:30pm*

*St. Michael's College Brennan Hall, room 200  
81A St. Mary Street, M5S 1J4*

John-David Kato is a doctor of chiropractic and exercise physiologist certified with the Canadian Society of Exercise Physiology and American College of Sport Medicine. He is also a certified diabetes educator with the Canadian Diabetes Educator Certification Board. He holds a master of science degree in Exercise Science with a focus on Exercise Physiology. His work experience includes rehabilitation of patients with musculoskeletal injury, cardiovascular disease and diabetes mellitus. He currently works in cardiac rehabilitation with Trillium Health Partners and maintains a private practice in Toronto.

### Registration

*OSHF/CSEP members - FREE • Non members - \$25*

To register online, go to [www.oshf.ca](http://www.oshf.ca). Please note that space is limited. You MUST be on the registration list in order to attend.

*Questions? Contact the Ontario Society for Health and Fitness at [membership@oshf.ca](mailto:membership@oshf.ca) or (888) 990-9404.*

[www.oshf.ca](http://www.oshf.ca)