



Center for Childcare Careers

Family Services of Central Massachusetts

31 Harvard Street, Worcester MA 01609
Tel: (508) 757-1503 Fax: (508) 791-4755
Email: training@cccscm.org
Website: www.cccscm.org

Hidden Persuaders & Mindless Eating

Presenter: Denise Hobby, M.Ed. Nutrition Educator

We all eat...in fact we make over 200 food-related decisions every day! What we eat can be influenced by environmental cues that surround us. Most of us are aware of the obvious cues, but hidden or invisible "persuaders" can influence what and how much we eat because we are not aware of them. This workshop offers discussion and answers to the following questions: What triggers mindless eating? What are "hidden persuaders"? What role does mindless eating have on the childhood obesity epidemic? How does childhood obesity impact learning? How can we be positive role models for children? How can we move from mindlessly overeating to mindlessly eating better? Core Competency: Health, Safety & Nutrition

Co-Sponsored with the Charlton Childcare Providers Association

Date: Monday, February 6, 2012 (snow date: Thursday, February 9)

Time: 6:00 - 8:00 P.M.

Location: Charlton Public Library, 40 Main Street, Charlton 01507

Fee: \$20.00

To pre-register, complete the form below and return it with payment to the Center for Childcare Careers by:

1. MAIL 2. FAX (credit card only) 3. ONLINE (credit card only)

Center for Childcare Careers Training Registration Form

Name: _____ Home Phone: _____

Home Address: _____ City: _____ Zip: _____

Required: EEC Professional Qualification Registry # _____

Birth Date: ____/____/____ AND Social Security# _____ (last 5 digits)

Employer: _____ Location: _____

Position: _____ Email: _____

Work Phone: _____

- Are you from: 1) __Out of School Program 2) __Child Care Center 3) __Family Child Care 4) __ Public School
- Does your program accept state subsidy? 1) ____ Yes - Contracted Slots 2) ____ Yes - Vouchers 3) ____ No
- Would you like to be contacted about college/career options in the Early Education & School Age field?
No__ Yes - At Home ____ At Work ____

Payment Options: By check or money order, payable to FSCM/Center for Childcare Careers.

By credit card - Check one: Visa _____ MasterCard _____ Total Amount: _____

Card #: _____ - _____ - _____ 3-Digit Code: _____ Exp. Date: _____

Name as it appears on the Credit Card: _____

Card Holder's Address: _____

Directions

Charlton Library, 40 Main Street, Charlton 01507

Take Route 20 West, travel towards Charlton. You will come to a traffic light with CVS Pharmacy on the left. Turn left onto North Main St. The library is .8 miles on the right. Parking is behind the library.

Registration Policies

- ❖ Registration will not be processed without payment and your Professional Qualification Registry Number.
- ❖ Center for Childcare Careers retains the right to limit enrollment from a provider/center to 4 as space allows. In that case, additional providers or staff will be placed on a waiting list and enrolled on a space available basis. Contact CCC to inquire about available space.
- ❖ On the Training Registration Form, please indicate in which type of child care program you currently work. If you are not currently working in child care or a school, check “other”. For group child care, please check the age group with which you work.
- ❖ CCC reserves the right to cancel training due to insufficient enrollment or to limit enrollment due to class size.
- ❖ Refund will be issued only if a workshop is full or cancelled. No refunds will be issued if you do not attend the training for which you are registered. CCC will assess an additional \$15 charge for returned checks.
- ❖ Confirmation is sent by email only. You will be notified if your registration is not accepted or if the training is cancelled.
- ❖ Only those registered may remain during the training. Please do not bring infants, children or others with you.
- ❖ If the training is cancelled due to inclement weather, CCC will contact you:
 - directly by phone or
 - leave a message with the person who answers the phone or
 - leave a voice message or
 - email you.

If you call the office during business hours (508-757-1503) the receptionist will know if the training is cancelled.