

# Facets of the CUBE: Phase II Heart Health Planning

Tuesday, June 3, 2003

8:00 am – 4:00 pm

Toronto Airport Marriott Hotel  
901 Dixon Road, Toronto – Salon D

Facilitator: Nancy Dubois

## TRAINING OUTLINE

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| <b>8:00</b>  | <b>Registration, Breakfast, Networking</b>                          |
| <b>8:30</b>  | <b>Welcome &amp; Opening Remarks</b><br>(Karima Kassam)             |
| <b>8:35</b>  | <b>Overview of the Day</b><br>(Nancy Dubois)                        |
| <b>9:15</b>  | <b>Workshop #1: “Hold On to Your Hats” Community Partners Panel</b> |
| <b>10:30</b> | <b>BREAK</b>  |
| <b>10:45</b> | <b>“Hold On to Your Hats” Community Panel Continued</b>             |
| <b>11:45</b> | <b>Implications</b>   |
| <b>11:10</b> | <b>Planning Concepts</b>  |
| <b>12:15</b> | <b>LUNCH</b>  |
| <b>1:15</b>  | <b>Workshop #2: “Planning with the End in Mind”</b>                 |
| <b>1:30</b>  | <b>Applying the Concepts to a 4 Year “Healthy Weights” Strategy</b> |
| <b>2:00</b>  | <b>Small Group Application</b>                                      |
| <b>3:30</b>  | <b>Share a Sample 2 Year Healthy Weights Plan &amp; Key Review</b>  |
| <b>3:45</b>  | <b>Summary, Evaluation</b>  |
| <b>3:55</b>  | <b>Closing Remarks</b><br>(Karima Kassam)                           |
| <b>4:00</b>  | <b>Adjourn</b>  |
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