



Ontario Home Economics Association

For Immediate Release

Real Food, Real Conversations, Real Life

by Mary V. Carver, P.H.Ec.

It's time to Get Real! On March 28th at the Allstream Centre, Toronto, the Ontario Home Economics Association will unpack one amazing day! If you can attend only one conference in 2015, make it — **Get Real! – Real Food, Real Conversations, Real Life.** Home Economics has broad appeal.

The Honourable Elizabeth Dowdeswell, Lieutenant Governor of Ontario, is a much-anticipated speaker. Ms. Dowdeswell's public service expertise shines through countless initiatives of environmental, economic, social, educational, and cultural concern. How fitting with her Home Economics roots!

Diversified Speakers Align Well with a Diversified Profession:

Get Real about the Science on Your Plate - Dr. Steve Savage, Plant Pathologist & Writer
Get Real – Choose Local - Jesse Lauzon, Food Director, Springridge Farm – Milton
Get Real, Get FRESH! - Dr. June Matthews, P.H.Ec., Associate Professor, Brescia University College
Get Real about Climate Change - Dr. Sarah Burch, Assistant Professor, University of Waterloo
Get Real about Finances - Richard Haggins, Senior Credit Education Facilitator, Credit Canada
Get Real About What Goes on Your Skin - Tabatha DeBruyn, Executive National VP, Arbonne Int'l
Get Real about Food Skills - Camilla Leonard, BMA, CMRP, Market Researcher, PeopleTalking
Get Real about Your Space - Clare Kumar, Professional Organizer & Productivity Consultant

Hilarious Emcee! Well-known TV personality and cookbook author, Mairlyn Smith, P.H.Ec. will entertain as emcee while she and Jennifer Dyck, P.H.Ec. - Manitoba Canola Growers - *Get Real about Social Media.*

A nutritious lunch, networking and shopping times will be well allocated. The not-to-be-missed *Cookbook Nook* promises super selection, great prices and some signature copies for gift-giving.

A silent auction and raffle will ensure many winners at end of day! A tote of information and samples awaits every delegate. A free downloadable walking tour of Toronto's chic Leslieville area, discounted tickets for the *Royal Ontario Museum* and for the *One of a Kind Spring Show* await every attendee!

Major sponsors are Manitoba Canola Growers, Canadian Beef, McCORMICK Canada and Ontario Pork.

More details and registration information at: www.ohea.on.ca/conference

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Mary V. Carver, P.H.Ec. is an Ottawa-based Professional Home Economist who serves as Public Relations and Food Literacy Coordinator for Ontario Home Economics Association. **OHEA** is a self-regulated body of Professional Home Economists that promotes high professional standards among its members so that they may assist families and individuals to achieve and maintain a desirable quality of life.

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