

AOHNA 2011 Conference

REFRESH... MIND, BODY, SPIRIT



May 25 – 27, 2011
FAIRMONT BANFF SPRINGS



AOHNA Thanks our Conference Sponsors

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AOHNA 2011 Education Day

REFRESH... MIND, BODY, SPIRIT



Wednesday, May 25, 2011
Banff Springs Hotel, 405 Spray Ave, Banff, Alberta



07:00	Registration Opens	
07:30 – 08:15	Breakfast	
08:15 – 08:30	Welcome	
08:30 – 09:45	HEALTH MATTERS ✦ Barb Bancroft, Chicago, IL	
	 <p>Most of us are so focused on taking care of our patients and families that we neglect to consider our own health as a priority. In this entertaining and educational presentation, Barb Bancroft will discuss the most important health concerns in today's workforce and the implications of self management. The two biggest buzzwords in the world of medicine today are INFLAMMATION and OXIDATION. These play a major role in the top 3 clinical conditions observed in the population today--cardiovascular disease, Alzheimer disease, and cancer. Barb discusses the pathophysiology of each of these "buzzwords" and how each contributes to these diseases. For example, how do inflammation and oxidation contribute to atherosclerosis, neuronal degeneration, and DNA changes that precede every malignant disease? You will be amazed and amused by Barb's ability to pull the two processes together for each of these conditions. But that's not all. Barb will then discuss the role of anti-inflammatory and anti-oxidant medications (including the statin drugs, ASA, estrogen replacement, the ACE inhibitors, and more), anti-oxidants in supplements, vitamins, and foods, the role of stress reduction, exercise, and sleep. Topics include the use of humor and sunlight in boosting the immune system, how to prevent cardiovascular disease with therapeutic lifestyle changes, stress reduction techniques, and the importance of regular check-ups with your health care professional. Barb discusses how to easily incorporate changes into your everyday routine. Barb will also bust a few myths about vitamins, supplements and all of those crossword puzzles and Sudoku puzzles you have been doing over the past few years. You will leave the seminar laughing your way to a healthier lifestyle, and you will take home practical pearls for health maintenance.</p>	
09:45 – 10:00	Wellness Break	
10:00 – 11:30	HEALTH MATTERS (continued)	✦ Barb Bancroft
11:30 – 12:30	Lunch	
12:30 – 13:45	HEALTH MATTERS (Part 3)	✦ Barb Bancroft
13:45 – 14:00	Wellness Break	
14:00 – 15:30	HEALTH MATTERS (Part 4)	✦ Barb Bancroft
19:00 – 21:00	Wine and Cheese Welcome Reception (and Tradeshow preview)	

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Thursday, May 26, 2011

Banff Springs Hotel, 405 Spray Ave, Banff, Alberta

- 07:00 Conference Registration Opens
- 07:30 – 08:15 Breakfast
- 08:15 – 08:30 Welcome
- 08:30 – 09:30 **SUPERBODIES! ~ KEYNOTE ADDRESS ~ Sponsored by Nexen**
 ↳ Dr. Greg Wells, Toronto, ON



Understanding the body's physiology is paramount in Dr. Wells' work with both elite athletes and with children who struggle with chronic disease. The learning from one condition can be applied to benefit the other, and Dr. Wells brings this knowledge and experience to help audiences improve personal performance and health in challenging situations, as in the workplace and in everyday life. Dr. Wells will give insight into the correlation between the mind and body, and how to master our responses to challenging situations. He will help you realize the value of building your experience so that you can focus when you need it – in time of an important business presentation, to deal with a major personal stress in life, or

to better manage the tasks that need to be accomplished in the everyday. As well, enjoy hearing Dr. Wells relate some of his insights from the Vancouver 2010 Olympics and the workings of the human mind and body in extreme situations.

◆◆◆◆◆ **TRADESHOW** ◆◆◆◆◆ **09:30 – 16:00** ◆◆◆◆◆

- 09:30 – 10:00 Wellness Break ↳ Tradeshow Vendors
- 10:00 – 11:30 **Partnerships in Workplace Health Improvement**
 ↳ Shannon Doram, Calgary, AB

This panel discussion will showcase unique and collaborative partnerships between Alberta Health Services, industry partners, and service providers in a conversation about the value of workplace health, key success factors for health improvement, and lessons learned from working with Alberta employers. Audience participation will be encouraged.

- 11:30 – 12:45 Lunch/Tradeshow Vendors
- 12:45 – 14:00 **Performance Issues in the Workplace: The Good, the Bad, & the Promising**
 ↳ Dr. Raju Hajela & Sue Newton, Calgary, AB

With Mental Illness and Addictions affecting about 1 in 5 Canadians during their lifetimes, it is having a huge economic impact on the individual, the family, the health care system, the workplace, and society as a whole. In this session Dr. Hajela and Ms. Newton will discuss this, and how treatment, recovery and rehabilitation can work together to ensure the earliest return to work and/or healthy living within the capabilities of each person.

- 14:00 – 14:30 Wellness Break ↳ Tradeshow Vendors
- 14:30 – 15:30 **Step into the Healthy Workplace Knowledge Zone**
 ↳ Sandra Clark, CCOHS, Hamilton, ON

Enter the realm of healthy workplaces...via the Internet! Discover where you can access key resources to support your healthy workplace initiatives. Tour the best sites; find best practises, employee health resources plus practitioner tools. Learn how to use the knowledge within your healthy workplace program.

- 15:30 – 16:00 Last Chance for Vendor Exhibits!
- 16:30 – 17:30 Social Activity – TBA
- 18:30 – 21:00 **Banquet ~ Sponsored by CBI Health Group**
 ↳ Featuring "The Comedy Commission"
 - Neil Grah & Paul (Sparky) Johnson

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Friday, May 27, 2011
 Banff Springs Hotel, 405 Spray Ave, Banff,



- 07:00 AGM Registration
- 07:30 – 08:15 Breakfast
- 08:15 – 10:15 **AOHNA ANNUAL GENERAL MEETING**
- 10:15 – 10:30 Wellness Break
- 10:30 – 12:00 **Focus on Obesity to Prevent & Reduce the Burden of Chronic Diseases**
 ↳ Dr. David Lau, Professor, University of Calgary

Over the past several years, Canada has experienced an alarming increase in obesity rates with an estimated 25% of Canadians now falling into this category. Obesity is an important individual and population health issue, and Dr. Lau will discuss excessive weight as a contributor to a wide variety of chronic diseases, such as diabetes, cardiovascular disease, hypertension and liver disease, as well as breast, colon and prostate cancer.

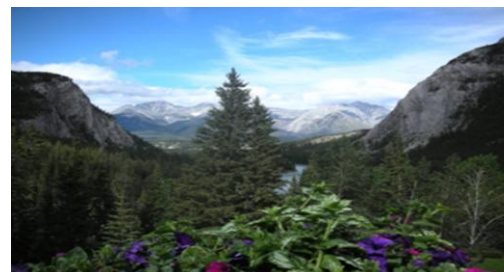
- 12:00 – 13:00 Lunch
- 13:00 – 14:15 **Maintain and Restore your Health and that of your Workers with Ayurvedic Medicine**
 ↳ Simmi Latulippe, Canmore, AB

Join in this interactive session on the exploration of Ayurvedic medicine - an all inclusive holistic science of healing the body, mind and spirit. The central focus of Ayurvedic medicine is that each human being is unique, having a distinct individual constitution, genetic inheritance and a predisposition to certain disease. Ayurveda emphasizes preventative and healing therapies. It can guide individuals in the proper choice of diet, living habits and exercise. Restoring balance in the body, mind, and consciousness enables us to prevent or slow-down the disease process.

- 14:15 – 14:30 Wellness Break
- 14:30 – 15:30 **How to Fit a Heart Attack into Your Busy Schedule!**
 ↳ Philip Jones, Calgary, AB

This session is for busy stressed out adults only. Using a dry sense of humour, Philip Jones does not tell you what to do. No lectures. Instead, he tells stories, shows pictures and asks questions. Gets you laughing...and gets you thinking. This entertaining, thought-provoking presentation will encourage you to review your lifestyle choices and ultimately start you on your way toward a longer, healthier and more productive life.

- 15:30 Closing Remarks



◆◆◆ See you Next Year! ◆◆◆

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Conference Fees

Member rate available to all other COHNA members



Early Bird Registration – Education Day	Cost	GST	Total
AOHNA members	152.38	7.62	160.00
Non-members	242.86	12.14	255.00
Full time Students	71.43	3.57	75.00
Registration AFTER April 15 – Education Day			
AOHNA members	176.19	8.81	185.00
Non-members	266.67	13.33	280.00
Full time Students	71.43	3.57	75.00
Early Bird Registration – 2 days (Banquet Included)			
AOHNA members	304.76	15.24	320.00
Non-members	428.57	21.43	450.00
Full time Students	166.67	8.33	175.00
Early Bird Registration - 1 day (Banquet NOT included)			
AOHNA members	180.95	9.05	190.00
Non-members	238.10	11.90	250.00
Registration AFTER April 15 2 days (Banquet included)			
AOHNA members	376.19	18.81	395.00
Non-members	495.24	24.76	520.00
Full time Students	166.67	8.33	175.00
Registration AFTER April 15 1 day (Banquet NOT included)			
AOHNA members	209.52	10.48	220.00
Non-members	285.71	14.29	300.00
Banquet Only – Members/Non-members	70.00	3.50	73.50

AOHNA GST *897415667

Students must provide proof of status

- **2 Day conference registration includes: welcome reception, daily breakfast, lunch and refreshment breaks, and one ticket to the banquet.**
- Other planned activities are optional and may involve additional costs.
- Attendance at the AOHNA Annual General Meeting for non-members should be arranged in advance through the Provincial Executive. Voting at the AGM is for AOHNA members only.

★★★ Register at <http://www.aohna.ab.ca/pub2010/lnkdoc92.php> ★★★

Preferred Registration is via on-line submission including payment by PayPal. If you prefer to print and mail your payment, click on the link and proceed with Option 2.

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Important to Know

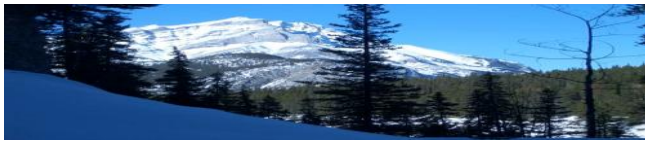


- Conference Hotel: Fairmont Banff Springs – Call Global Reservations at 1-800-441-1414 or Email the hotel at bshreservations@fairmont.com
⇒ Single: \$164 + \$10 hotel service fee; Double: \$164 + \$20 hotel service fee - Mention "AOHNA conference"
♦♦ **Conference rate is available until rooms are gone, or until April 18 ONLY!!!!**
⇒ Parking special rate \$10/day (self-park) or \$35/day (valet park)
⇒ Willow Stream Spa at the Banff Springs is offering a **10% price reduction on all Spa services to conference attendees.** Mention "AOHNA conference" when you book at 1 -800-441-1414 or <http://www.fairmont.com/banffsprings/GuestServices/SPA/>
- Transportation Options:
⇒ Airport Shuttle www.banffairporter.com
(Calgary to Banff return: **\$111.30 with tax**)
⇒ Post at AOHNA on Facebook to arrange carpooling
- National Park entry fees are payable when staying in Banff. Details at: http://www.pc.gc.ca/pn-np/ab/banff/visit/tarifs-fees_e.asp?park=1
- Photographs taken during the conference are used for AOHNA purposes only. If you're not in agreement with your photo being used, please advise a Conference Committee member upon arrival at the conference
- Cancellation Policy: Request for cancellations prior to April 22, 2011 will result in 100% less \$20 fee refunded. Cancellations between April 23 and May 13 will result in 50% refund. After May 13, there will be no refunds. Direct all cancellation/refund requests to Denise via email at treasurer@aohna.ab.ca
- This conference qualifies for Continuing education hours/credits with your professional organizations
- For conference sessions it is recommended that you dress in layers (or bring a sweater) to accommodate changes in room temperature throughout the day



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Speaker Information

Barbara Bancroft RN, MSN, PNP – Health Matters

✦ Barb is a widely acclaimed international speaker, noted for her humorous, entertaining and information packed seminars. She makes complex health topics easily understandable, appealing and hilarious! From Chicago, Barb is the Executive Director and President, CPP Associates, Inc., a consulting firm and continuing education provider for healthcare professionals and corporate seminars.

Greg Wells PhD – SuperBodies

✦ Dr. Wells is a scientist, researcher, professor and applied human physiologist specializing in extreme human physiology. He is currently working in a field of investigation called 'exercise medicine' where he uses specific exercise protocols to test the limitations of the human body in various diseases – mostly related to muscle and lung conditions. Dr. Wells is a scientist at the Toronto General Hospital and the Hospital for Sick Children. In addition, he teaches at the University of Toronto where he is an Assistant Professor in the Faculty of Medicine and the Graduate Department of Exercise Sciences. Dr. Wells also teaches Canada's elite sport coaches at the National Coaching Institute. He was featured during the Vancouver 2010 Olympics on CTV where he delved into the workings of the human mind and body of the elite athlete during extreme situations. Dr. Wells was honoured at the 2010 Gemini Awards, winning the award for Best Sports Analysis or Commentary.

Shannon Doram – Partnerships in Workplace Health Improvement

✦ Shannon is a Program Coordinator for the Workplace Health team in Population and Public Health for Alberta Health Services, and project manager for the Workplace Health Improvement project, a collaborative effort between AHS, government, members of industry and service providers. Shannon has a Master's degree in Health Promotion, and has significant experience in developing, implementing and evaluating workplace health programs. Her background in health promotion offers a unique blend of experience in research, best-practice application and evidence-based strategic planning with practical experience in workplace health programming and implementation. In 2008 Shannon and her colleagues in Workplace Health were awarded the Alberta Cancer Board's Glenn Sundstrom award for "Creativity" in the design and implementation of the *Thrive on Wellness* employee health program.

Dr. David Lau M.D., Ph.D., FRCPC – Focus on Obesity to Prevent & Reduce the Burden of Chronic Diseases

✦ Dr. David Lau is a practicing endocrinologist who specializes in diabetes, obesity and lipid disorders. He is currently Professor of Medicine, Biochemistry and Molecular Biology, and Chair of the Diabetes and Endocrine Research Group at the University of Calgary. Dr. Lau is also the Founding President of Obesity Canada, a not-for-profit organization aimed at improving the health of Canadians by reducing the occurrence of obesity through research, education and service. Dr. Lau's current basic research interests include fat cell biology in health and obesity, development of insulin resistance in obesity and diabetes, and cellular mechanisms of diabetic vascular complications. He is also involved in population health and clinical research programs in diabetes and obesity, and lipid disorders in children and adults. Dr. Lau is a noted scientific author and lecturer and has been honoured as one of the top 20 notable Calgarians, and top 50 Albertans for his contributions to improve the health of Albertans and exemplary leadership in shaping Alberta's future.

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Speaker Information



Sandra Clark – Step into the Healthy Workplace Knowledge Zone

✦ Sandra Clark is a Technical Specialist, Information Projects with the Canadian Centre for Occupational Health and Safety (CCOHS). She develops and manages workplace health and safety database projects and e-resource collections. She has delivered Internet presentations and demonstrations, training and Webinar broadcasts.

Dr. Raju Hejala & Sue Newton – Performance Issues in the Workplace: the Good, the Bad and the Promising

✦ Dr Hajela is currently the president and medical director for Health Upwardly Mobile (HUM) in Calgary, Alberta, an integrated health and wellness company providing services in Addiction, Mental Health, Occupational Health and Chronic Pain. Dr Hajela is a Medical Doctor with a Master's degree in Public Health. He has practiced Transcendental Meditation since 1986, and has provided continuing medical education programs for physicians regarding the benefits of this form of meditation. He has held faculty appointments in Family Medicine and Psychiatry at Queen's University (1992-2001) and has taught at the University of Toronto, Queen's University and the University of Calgary. He has held leadership positions in national and international medical organizations.

✦ Sue Newton presently holds the position of vice president and operations director for Health Upwardly Mobile (HUM) in Calgary, Alberta. Sue completed both her Bachelor of Arts degree in Psychology and Bachelor of Science in Nursing degree from Lakehead University in 1988 and received her Master's Degree in Nursing from the University of Calgary in 1996. She has been nursing for 23 years having started her career in acute care and public health. In 2008 Sue left the Health Region and joined an Occupational Health and Wellness company as a Nurse Manager. Sue also practices Transcendental Meditation.

Simmi Latulippe – Improve, Maintain & Restore your Health and that of your Workers with Ayurvedic Medicine

✦ Born in Bombay, India, Simmi stems from generations of traditional Ayurvedic Doctors. Simmi's great grandfather was the first Ayurvedic Doctor to formulate a traditional herbal digestive formula that was sold to a British Pharmaceutical company. Simmi's family introduced her to Ayurvedic Medicine, which is not just a medicine or a treatment but an entire way of life that seeks to balance the body using a combination of diet, exercise, meditation/yoga and herbal supplements. Simmi is passionate in watching her clients succeed as they take control of their health, "it is the small changes that can make a huge difference in someone's life." Simmi continues to learn and grow as she studies with her mentors here in Canada, USA, or India. Simmi places emphasis on proper nutrition based on your constitutional type (dosha) and believes in the saying "you are what you eat." Using iridology (the reading of the Iris of the eyes), tongue diagnosis and pulse reading, Simmi can see where weakness or imbalance lie in one's body, then she can make recommendations for healing to begin. Simmi also teaches yoga and meditation.

Philip Jones – How to Fit a Heart Attack into Your Busy Schedule!

✦ A motivational speaker based in Calgary, Philip Jones encourages you to review your lifestyle choices, figure out how to deal more effectively with stress, and help you live a longer, healthier more productive life. Mr. Jones is an author whose works have been published in the US, UK, and Canada. His speaking engagements take him across the nation.

