

Keynote: Prevention vs. Cure: Healthcare's David and Goliath? - Dr. Sandra Allison

Expectations of the public at large on the health care system focus largely on access to acute care services. This presentation will provide an overview of the burden of chronic and preventable diseases on the acute care system, and the role that prevention could play in reducing the burden on the acute care health system.

Concurrent Sessions – Weds. Nov. 27

The Amazing Chase – A Geocaching Adventure - Bonnie Michaudville

Participants will learn the features of a very basic and easy to use G.P.S. unit. They will learn how to mark coordinates, how to enter coordinates manually and how to "find" the locations or "caches". We will talk about the many useful and fun ways that G.P.S. units can be utilized in programming for all ages as well as for the general public. The participants will also partake in a mini "Amazing Chase", making this a fun interactive workshop.

#*>%+? Translating Data to Action: Tannis Erickson & Grant McManes

The MB Youth Health Survey (YHS) collects self-report data on health behaviours of students. Participants will learn from examples how students and schools have used their YHS reports to create healthy school programs and policies. Participants will then work with sample YHS data to build their skills and confidence in interpreting and using data to take action to create healthy school communities.

Beyond Cool – Youth & Tobacco in Hanover School Division - Angela Stoesz, Corinne Thiessen & Irene Ascough

Can you envision a future where youth never smoke? Is "trying" a cigarette a Rite of Passage? Is it just something they'll try and grow out of, or will they become lifelong addicted smokers? Hanover School Division and Southern Health/Santé Sud have joined forces on the issue of youth and tobacco. Our project is a multi-pronged approach to Prevention & Education, Reduction & Cessation in two communities. We will be sharing how we are using the resources of "Lungs are for Life" (MB Lung Association) and Manitoba SWAT (Students Working Against Tobacco) for prevention & education of younger students. We will also be sharing stories from a unique service to students in the form of school-based cessation counseling.

After The Smoke Clears: Sustaining Student Led Tobacco Prevention and Cessation Initiatives -

Josh Lawson, Tatym Stenberg, Lacey Finnbogason, Shailee Essery & Jeff Kaptian

Five schools in our region have been recruited to deliver student lead tobacco prevention and education initiatives which will be discussed in detail. As the grant concludes in Spring 2014, plans to ensure the sustainability of these initiatives will be shared.

Fork in the Road Bike Shop - Matt Baker, Lynn Watkins & Bruce Krentz

From one crazy man coming to town, to a meeting with some kids, to a permanent building and a season of bike repair in the books; the journey to the Fork in the Road started slow but has picked up speed ever since. This panel discussion will go everywhere from some bumps in the road to the really interesting places along the way. The Fork in the Road is a community Bike Shop in Thompson. It is a unique project that brought together a couple pieces of the Northern Health Region, the Boys and Girls Club of Thompson and the Community. Community volunteers Matt Baker, Lynn Watkins and Bruce Krentz from the Northern Health Region will discuss what a community bike shop is, what it took to get one up and running, the plan to make it sustainable, some interesting community connections and partnerships.

wE-VALUe-A-TON: - Bohdanna Kinasevych & Anna Weier

The workshop will explore the challenges and opportunities in evaluation by answering the questions: WHAT evaluation is and isn't; SO WHAT or why should I care; and NOW WHAT do I? Participants will be provided with links and resources to begin planning their own evaluations.

Share & Learn Concurrent Session Descriptions - Thurs. Nov. 27

Are we winning with the "Biggest Loser"?: Lindsey Mazur

Evidence shows that weight loss focus is no longer best practice. The media has promoted weight loss programs with the belief that they 'work' long term but the evidence says otherwise. If weight loss competitions don't work to create long term healthy behaviour change and can in fact create negative health behaviours, how can we help our communities and workplaces achieve better health? Learn about an approach to health called Health at Every Size that promotes health for all shapes and sizes and discuss how we can create healthier environments in our communities without harming.

Share & Learn Session Descriptions - Thurs. Nov. 28

Keynote: Personal Resiliency in Challenging Times - Dick O'Brien

Personal Resiliency is a practical, insightful, and valuable training to help people adjust to the overwhelming impact of these changing times. It is designed to increase personal stamina and flexibility while allowing individuals the capacity to bounce back from discouraging incidents. This program is intended for healing and restoration of self worth, personal spirit and overall morale. It helps people to deal with the present conditions of ambiguity, instability, and unpredictability. It allows people to replace the need for security with the need for structure, to replace self-doubt with self-reliance.

It helps people to keep their spirit, health and emotional balance in a time when organizations desperately need to rely on the survivors of change. The main theme of this presentation is that you can moderate and influence the impact change has on your life. You are not helpless. You are not hopeless. The issue is not what change does to you but what you are doing to you in dealing with change.

This presentation cultivates ideas of personal renewal and emphasizes that more often than not we are a product of our choices rather than our circumstances. It helps people to learn to cope with the surprises of life and work. It emphasizes the need to stay healthy and recover from the disappointments, discouragements and fears generated by change. It also encourages individuals to seek the opportunities in change when they may be disguised as problems and to commit to reinventing themselves in the face of uncertainty and risk.

Concurrent Session Descriptions – Thurs. Nov. 28

Youth Leadership Training: It works in the Northern Health Region – Elsie Cooper, Deanna Johnson, Lia Marin, Don Gamache and Tanis Campbell

This workshop will look at the journey of the Northern Health Region's CDPI Youth Leadership Project. It is a special project designed to build and grow our Youth in our region while also growing the strength and capacity of the adults who support and champion our Youth. Throughout the project we have focused on areas such as: increasing community awareness and involvement, building local capacity for community engagement, enhancing awareness about the four (4) modifiable risk factors, establishing better trust and working relationships, building the confidence and capacity as leaders, and focusing on community health development. It is our experience with working with communities in the Northern Health Region with a focus of; "People Helping People to Help Themselves" with the foundational principle of "establishing and building long term relationships".

Connecting People through Food: Brandon, Morden & Winkler Experiences - Ramona Nash, Melissa Warkentin, Erin Neufeld, Anita Hiebert & Nancy McPherson

Life challenges are an inherent element in the human experience. There are many challenges associated with food – not only availability, accessibility, affordability, but also food preference and sensitivities, knowledge and skills and the social aspect. As service providers or community leaders, we often struggle to find ways to provide meaningful and respectful support for people in our communities. Brandon, Morden and Winkler have built on each other's experience to address food security that is appropriate for their local context. Panel members will provide an overview of the work in each community that reflects the cascade of sharing lessons and resources.

Healthy Together Now.... Path to Prevention **Concurrent Sessions - Thurs. Nov. 28, 2013**



Adaptive People and Resilient Communities: Helping Others on the Journey Of Life - Dick O'Brien
(**two** workshops - 12:45 & repeated at 2:00p.m.) For people working in volunteer groups or community settings.
Key Theme - Making the most of whatever life sends you.

This is a positive, uplifting and inspirational workshop that focuses on dealing with the inevitable surprises that life may send anyone. It is a combination of practical stress management, personal resiliency and realistic optimism. It helps people to create balance in their life, reduce conflict and refocus on what is important. This presentation reflects on how you handle life when it throws you a curve? It will present principles, skills and strategies that allow for effective functioning in a challenging and changing environment.

This workshop helps others to find the way through challenging moments in their life and community.

Vegetables and Fruit: So Many Choices - Maxine Meadows

The Child Nutrition Council of Manitoba has been working with schools, child care facilities and community places to pilot a Vegetable and Fruit snack program. Learn what staff and children shared with us and leave with practical suggestions to take back to your own setting.

Building on the Strengths of Youth: the Rec and Read Program - Joannie Halas & Heather McRae

Rec and Read is a culturally based afterschool recreation and mentorship program for young people living in diverse communities. In the program, university and community mentors work with high school mentors to plan and deliver physical activity, nutrition, and education activities for children. This multi-age approach to program planning and delivery ensures that Rec and Read taps into and nurtures the leadership skills and educational success of youth from diverse populations. In addition, Rec and Read helps develop culturally responsive recreation leaders that can plan and facilitate relevant and meaningful programs for all youth.

In this presentation, we will review how we design and facilitate a communal after school mentorship program for students in Winnipeg. If there is sufficient time, we will also lead workshop participants in a few Aboriginal and low-organized games.

Share & Learn Speaker Biographies

Keynote: Prevention vs. Cure: Healthcare's David and Goliath?

Dr. Sandra Allison is a family physician and public health specialist. Based in Brandon, Dr. Allison is a consultant to the public health programs. As Medical Officer of Health she provides guidance to the regional health authority's programs and services for disease and injury prevention, health protection and health promotion, health needs assessment and emergency preparedness. Sandra.allison@gov.mb.ca

The Amazing Chase – A Geocaching Adventure

Bonnie Michaudville has served as the Recreation Director for the Midwest Recreation District since 2004. The District encompasses the Town of Hamiota, and Rural Municipalities of Hamiota, Miniota, Blanchard and Woodworth. Our Healthy Together Now Committee is represented by members from all five partners and is run under the recreation office where Bonnie also serves as the facilitator for the program. Bonnie can be reached at midwestrec@hamiota.com and welcomes your emails.

#*>%+? Translating Data to Action

Tannis Erickson is an Epidemiologist at CancerCare Manitoba and has helped to coordinate the implementation and analysis of the 2012 YHS. Her work includes all aspects of risk factor surveillance and its impact on chronic disease prevention. Tannis is also involved in the development of the Adult Health Survey.

Tannis.erickson@cancercare.mb.ca ph: 204-235-3326.

#*>%+? Translating Data to Action

Grant McManes currently works for the Louis Riel School Division as the Healthy Living Coordinator. His work with the division includes implementation of physical education and health education programs and the promotion of Health Promoting Schools. Grant has been a member of the Partners in Planning-Youth Health Survey Knowledge Exchange working group since its inception. Grant has been in public education for 27 years and has taught K-12 in rural and urban settings and was the point person on the development and implementation of the grade 11 and 12 Physical Education/Health Education curriculums. Grant.mcmanes@lrsd.net, 204-257-7827

Beyond Cool – Youth & Tobacco in Hanover School Division

Angela Stoesz is the Teacher Champion for SWAT at Steinbach Regional Secondary School (SRSS). She is also the School Based Cessation Champion at SRSS and Niverville Collegiate Institute.

Corinne Thiessen is the Physical Education and Health Curriculum Support Teacher for the Hanover School Division. She is not only actively involved in supporting physical education and health teachers; she is HSD's liaison to Southern Health/ Sante Sud in order to promote comprehensive school health.

Irene Ascough is a Healthy Living Facilitator with Southern Health/Sante Sud. She works out of Steinbach and has been working on Tobacco Prevention, Reduction and Cessation for the past 3 years. She can be contacted at iascough@southernhealth.ca 204-346-6690

After the Smoke Clears: Sustaining Student Led Tobacco Prevention & Cessation Initiatives

Stonewall S.W.A.T. Team: Josh Lawson, Tatym Stenberg, Lacey Finnbogason, Shailee Essery and Kim Kerelchuk (teacher supervisor)

The Stonewall S.W.A.T. team was started in 2011 with four members and is growing in numbers. S.W.A.T. stands for Students Working Against Tobacco and is a student-led group committed to raising awareness of the negative effects of tobacco use. The team presents to other youth in the school division and plans different awareness campaigns throughout the year.

Jeff Kaptian is a Community Wellness Facilitator for the Interlake-Eastern Regional Health Authority. He has degrees in both Physical Education and Recreation Studies from the University of Manitoba. Jeff has worked on the Community Wellness and Chronic Disease Prevention Team for the past two years. Jeff's primary focus is physical activity and smoking cessation/prevention. jkaptian@ierha.ca 204-467-4407

Fork in the Road Bike Shop

Matthew Baker is a 26 year old, avid cyclist from Elgin, Ontario. He graduated Acadia University from the school of Kinesiology. He was first introduced to bike mechanics as a member of Bike Again, which was Halifax's first community run, volunteer bike shop. He is currently the Director of Youth Build with the Boys and Girls Club of Thompson and Co-Coordinator of the Fork in the Road.

Bruce Krentz is a Health Promotion Coordinator with the Northern Health Region. The Thompson Clinic is where he hangs his helmet. A dare gone good has seen him cycle year round for over three years. That has inspired some projects at work and in his real life around promoting Active Transportation infrastructure and events. With a background in Recreation, he might actually know what he is doing. Being involved in the creation of the Fork in the Road Bike Shop is one cool example.

Lynn Watkins is passionate about anything "healthy living" and she practices what she preaches through healthy eating; enjoying an active lifestyle; and creating a good work-life balance for herself and family in the great outdoors of Thompson, Manitoba. With a degree in Recreation Studies from University of Manitoba, she has worked as a Health Promotion Coordinator for the Northern Health Region, for the past 16 years. Her leisure time pursuits have led her to volunteer as a bike mechanic *newbie*. Somehow this quickly evolved to becoming the co-lead for the first season of *the Fork in the Road Bike Shop*, along with Matt Baker. This volunteer endeavor has allowed her to meet some very neat people. Together they are creating a place where people can fix their bikes, and stay active, and where the volunteers are building a stronger cycling community.

Healthy Together Now.... Path to Prevention **Share & Learn Speaker Biographies**



wE-VALUe-A-TON

Bohdanna Kinasevych: Having worked with community organizations to support and enhance capacity to integrate evaluation into program planning and design, Bohdanna has conducted several evaluations in health promotion and service delivery employing both qualitative and quantitative methods. She has a particular interest in applying community-based research principles and supporting the integration of evaluation findings into practices. Bohdanna has a Master's degree in Community Health Sciences from the University of Manitoba and is a credentialed evaluator with the Canadian Evaluation Society. She currently works as a Planning and Evaluation Facilitator for Health in Common providing hands on support in the planning and implementation of program evaluation at the community level.

Anna Weier: brings her passion for sustainability and knowledge of food security issues to her position as Planning and Evaluation Facilitator at Health in Common. She believes that evaluation is an important tool in providing information to community organizations to help them make their programming the best it can be. Anna has worked with communities in urban, rural and northern Manitoba on a wide range of initiatives, including active transportation, local and sustainable food, and green building. Anna has a Master's of Environment from the University of Manitoba and undergraduate degrees in science and psychology.

Are we winning with the "Biggest Loser"?

Lindsey Mazur is a Registered Dietitian and Professional Home Economist. She has experience working in and training in several different rural health regions in Manitoba and in many areas of nutrition. She currently works at Women's Health Clinic in Winnipeg and has a passion for helping people achieve health and wellness through the Health at Every Size (HAES) approach. She also has a passion for local foods and volunteers for the Manitoba Association of Home Economists with the Farm to School Healthy Choice Fundraiser. Contact Lindsey at lmazur2@womenshealthclinic.org or (204) 947-2422 ext. 517.

Share & Learn Speaker Biographies – Thurs. Nov. 28

Keynote: Personal Resiliency in Challenging Times &

Workshop: Adaptive People and Resilient Communities: Helping Others on the Journey of Life

Dick O'Brien M.A. Sc. is a professional speaker and a consultant in human relations. He has been therapist and a trainer for 41 years. Mr. O'Brien has held senior management positions in government and business. For the last twenty-seven years, he has been assisting corporations, school boards, hospitals and police departments with issues of stress, wellness, counseling and leadership. Dick O'Brien combines his personal experience as a counselor and trainer with practical psychology and corporate consulting to develop common sense presentations. Dick has presented to employee groups, parents, teachers, professional care givers, supervisors, business people, police officers and students in the past 15 years with very positive results. He uses humour, case descriptions, and a high degree of enthusiasm to create worthwhile and practical training seminars.

Youth Leadership Training: It works in the Northern Health Region:

The project team that you will meet during the presentation is: Elsie Cooper, Deanna Johnson, Lia Marin, Don Gamache, and Tanis Campbell. They are members of the project Leadership Team that have been involved in the project for the past three years. They have numerous years of community experience through living, playing and working in northern communities. They are very willing to share what has worked well and to highlight some of the challenges that they faced along the way of this fascinating journey.

Connecting People through Food: Brandon, Morden & Winkler Experiences

Erin Neufeld and Melissa Warkentin are 4th year students in the Bachelor of Nursing program at Brandon University. They are both from Carmen, Manitoba and were keen to be involved in a community health project in the local Pembina Valley area. Erin and Melissa have led the development and implementation of the food security initiative in Winkler, Manitoba for their community health practicum experience.

Ramona Nash grew up in Southern Manitoba but moved to England following high school. Following her studies in England, she worked in various hospitals in South West England, mainly in Emergency nursing. She also spent time travelling and nursing in Australia.

After further studies in Economic and Political Development, Ramona worked in various positions in the not-for-profit sector in England. This included work with caregivers, out-of-hours school programs for children and young people, global youth education, and strategic development in the arts. During this time Ramona also studied Community Development through the Open College Network.

This past year has seen Ramona return with her family to Winkler, where she has recently taken over as Director at Central Station Community Center. This allows her to continue to pursue her passions for social justice and community through various programs and initiatives. Her other interests include cooking, travel, film, and music. (204) 325-0257 info@winklercentralstation.ca

Anita Hiebert works as Healthy Baby Coordinator for Southern Health and was instrumental in bringing together many individuals with various backgrounds – public health, healthy living, social services, pastoral, municipal in the community of Morden to examine food security issues within the Morden area. The group has rapidly progressed in the last couple of years to create a resource centre offering food access, food education and awareness programs on food and hunger issues. Personally, Anita loves to travel and has recently returned from a few weeks in Africa volunteering at a girl's school. She loves connecting with friends and has a particular love for vintage jewelry.

Nancy McPherson is an Assistant Professor in the Faculty of Health Studies at Brandon University. She also works as a Population Health Planner Analyst with Prairie Mountain Health. Working with both organizations has provided many opportunities for Nancy to bridge the gap between nursing education and practice. She has been nursing for over 30 years in a variety of capacities including northern/remote, and rural and urban settings in Canada, the West Indies and Siberia. Nancy is currently course leader for the community health practicum in the 4th year of the Bachelor of Nursing program. (204) 571-8578 mcphersonn@brandonu.ca

Vegetables & Fruit: So Many Choices

Maxine Meadows is a Registered Dietitian and the Coordinator of the Vegetable and Fruit Program with the Child Nutrition Council of Manitoba and a member of Manitoba Healthy Food in Schools. Maxine has been a community based dietitian in the province for many years working with schools, child care facilities and recreation centres to offer healthier choices. Maxine has had the opportunity to live and work in Thompson, Winnipeg, Flin Flon, Pine Falls, Boissevain and now lives with her family in Gimli. zmeadows@mts.net (204) 642-1393

Building on the Strengths of Youth: the Rec and Read Program

Joannie Halas is a Professor and Associate Dean Academic in the Faculty of Kinesiology and Recreation Management at the University of Manitoba. Joannie's teaching, research, and service is in the area of culturally relevant physical education and health. joannie.halas@umanitoba.ca (204) 474-6061

Heather McRae is the Indigenous Scholar with the Faculty of Kinesiology and Recreation Management's Rec and Read Mentor program, a communal mentorship program involving children, youth and adult allies from diverse cultural backgrounds. heather.mcrae@umanitoba.ca (204) 790-7226