

First Annual Older Adult "HANDS ON CONFERENCE"

(Geared to those in long term care and working in the community)

Victoria Inn - 1808 Wellington Ave

Winnipeg, MB R3H 0G3

Please **print** clearly and fill in completely. Use one form per person. You may photocopy for additional registrations.

Today's date: _____

REGISTRATION FEE

REGISTRATION FEE – includes conference & lunch

Mr. Mrs. Ms. Miss Dr.

COST: \$125.00 (plus GST 5%)

(gst 85204 8651 RT0001)

First name: _____

Last name: _____

Address: _____

City: _____ Prov. _____ Postal Code: _____

Home phone: (____) _____

Bus. Phone: (____) _____ Fax: (____) _____

E-mail: _____

Title: (fitness instructor, health care professional, etc.) _____

METHOD OF PAYMENT

We will only be accepting cheques for the conference.
day of the

METHODS OF CONFERENCE REGISTRATION

In Person Pick up of all packages on the

Conference between 7:00 am & 8:30 am.

PLEASE MAKE ALL CHEQUES OUT TO – BEE-WELL FITNESS.

Mail your conference registration form with payment to 40 Turcotte Cove Winnipeg MB R3R 3V9

SESSION SELECTION (Friday, April 30th 2010)

Please indicate your first and second choice.

8:45 AM – 10:15 AM Exercise with Parkinson's _____ Fun in Fitness for Seniors _____

10:30 AM – 12:00PM Designing Creative Program's _____ One, two, ready, set Go! _____

12:00PM – 1:00 PM **LUNCH**

1:15 PM – 2:30 PM Taoist Tai Chi™ _____

2:45 PM – 4:00 PM Chair Yoga for Everyone _____

1:15 PM – 4:00 PM Program Design full afternoon of training _____

WAIVER OF LIABILITY

This is a release of claims. By signing it, you are agreeing to the following:

1. You are attesting to Bee-Well Fitness that you are healthy.
2. Conference presenters, staff, volunteers, host facility staff & Management, and any other persons involved in organizing this conference shall not have any liability to any such injury or harm.
3. I understand and agree to abide by the conditions of the cancellation policy.
4. I have read, I understand and as an inducement to allow me to participate in this conference and tradeshow, I agree to the forgoing.

Signature _____

Print Name _____

Date: _____

CONFIRMATION/CANCELLATION/“CHECK IN” DETAILS

Confirmation of Registration – will be sent out to you up until two weeks prior to the conference date. Those that register after this time will have to pick up their registration forms with their conference packages.

Cancellation Policy – All cancellations made prior to April 2nd will receive a refund less a \$25.00 Administration fee. After April 10th **NO REFUNDS WILL BE GIVEN.**

Registration Package Pick Up – Registration kits will have to be picked up on the day of the conference between 7:00 am and 8:30 am.

Conference “Check In” begins at 7:30 am on Friday, April 30th (participants may check in any time prior to 8:30 am).

ON SITE TRADE SHOW

You will have the opportunity to purchase things and meet others who can provide you with resources as well.

Friday from 7:30 AM to 1:00 PM

Location: In the Banquet Room where lunch will be held.

FREE PARKING – available at the Victoria Inn.

ACCOMIDATIONS AVAILABLE AT THE Victoria INN.

Please mention the Older Adult Hands on Conference and you will receive the conference rate

Continuing Education Credits – If you are needing CEC's please contact your associations. We will provide you with the documents that you may need if you contact us in advance.

Session Details: ALL WORKSHOPS ARE HANDS ON PRACTICAL

8:45 – 10:15 am Sessions

FUN In Fitness for Seniors – Raul Paragas; A unique workshop which highlights fun fitness activities requiring little or no equipment. You will learn how to provide safe and effective techniques through balance and coordination.

Exercise with Parkinson's – Kevin Saunders: Discover how to incorporate an exercise program for your older adults who have Parkinson's. You will learn how to take the various levels of fitness and turn them into programs for each of your older adults.

10:30– 12:00 pm Sessions

One, Two Ready, set Go! – Jay Boisvert: What motivates you? Your clients? Your co-workers? Motivate all those involved in the health care process and to unite them as team with a common goal. You will take away new innovative ways to keep everyone moving forward.

Designing Creative Programs – Aviva Tabac: This session will give you great skills on how to program plan and leave with some fresh ideas to implement new and exciting non exercise based programs.

1:15 – 2:30 pm Session

Taoist Tai Chi™ - Instructors TBA: **internal arts of health can help you take a step towards better health. This ancient, gentle art can be practiced with great benefits by people of all ages. It calms the mind, and energizes the body. It helps improve balance, circulation and posture; increases strength and flexibility; promotes relaxation and reduces stress – Participants will have the opportunity to try this exercises out.**

2:45 – 4:00 pm Sessions

Chair Yoga for Everyone - Linda Caldwell: "A simple Yoga approach to postures that focus on alignment; breathing and relaxing the mind. All poses are done working with the chair and modifications are available. Learn how Yoga can make you feel better."

FULL AFTERNOON SESSION – 1:15 – 4:00 pm

Program Planning – Candace Swick: Take the afternoon and discover how to design programs, learn how to use music, equipment and discover how to adapt your programs for older adults over all levels. You will come away with new programs for exercise, how to use fitness and non fitness equipment and work with others on their program designs.

PRESENTER BIOS

Jay Boisvert – is an OT Aid at Poseidon Care Center where she works with the older adult population, running various programs and works with the residents through various rehab programs and one on one functional program's. She has years of experience in her field and has a passion and drive to keep all of her residents mobile and motivate to keep moving forward.

Linda Caldwell – is a leading edge Yoga instructor with over 20 years of experience who teaches various levels of Yoga and can running classes that are geared to the older adult population with various modifications.

Raul Paraga – Has been a fitness instructor for over 15 years. He is certified by the Canadian Center for Active Aging and the Manitoba Fitness Council. He is certified in Dance to Music, Aqua, Weight Training, Older Adults and Arthritis. Raul is the Manitoba SMART Program Coordinator, Western Region with the Victoria Order of Nurses. He directs the VON's Senior's Maintaining Active Roles Together program.

Aviva Tabac – worked as a Recreation Coordinator for Lions Housing Centers for 9 years. She has worked with different areas within the Lions organization creating and organizing large and small scaled programs. She specializes in crafting and is currently working on a Recreation Coordinator's Handbook to Crafting with seniors.

Kevin Saunders – is a graduate of the University of Manitoba's Exercise and Sport Science degree program, and has his personal training certifications through the National Strength and Conditioning Association and the Canadian Society for Exercise Physiology. He has experience in working with people from a variety of ages and fitness levels. He runs a Cancer Management Exercise Program and the Parkinson's Exercise Programs at the Rady JCC.

Candace Swick – is a leading practical with over 20 years of experience on fitness for seniors of all ages and abilities. As owner of Bee-Well Fitness, she specializes in exercise programming for older adults of all levels and abilities. Candace is co-author of the Can-Fit-Pro Older Adult Specialist (OAS) certification manual, has created an exercise DVD for seniors that have limited abilities or /are in long term care, she also presents throughout Western Canada and writes articles in various news papers. She has helped develop training tools for people working in long term care and also runs programs and helps train people to teach safe and effective exercise programs. Candace also works with and in various organizations running programs for older adults of all levels and abilities as well as offering personal and rehab training to those in need. Candace holds a Diploma in Gerontology, is a certified fitness instructor, aqua instructor, level 3 personal trainer through Can-Fit Pro, YMCA Canada and is an older adult rehab therapist. She is also a member of the Canadian Therapeutic Recreation Association, American Therapeutic Recreation Association and the International Council on Active Aging.