AOHNA 2010 Education Day  

WEDNESDAY May 26, 2010  
Banff Park Lodge  
222 Lynx Street, Banff, AB T1L 1K5

The AOHNA is excited to invite you to our May 26 Provincial Education Day. This event is a kick-off to the AOHNA 2010 Provincial Conference.

WEDNESDAY May 26, 2010

07:00  Registration Opens
07:30 — 08:15  Breakfast
08:15 — 08:30  Welcome Address
08:30 — 09:45  DIABETES 24/7  
Barb Bancroft
09:45 — 10:00  Break
10:00 — 11:30  DIABETES 24/7 (Continued)  
Barb Bancroft
11:30 — 12:30  Lunch
12:30 — 13:45  PHARMACOLOGY—A CLASS ACT  
Barb Bancroft
13:45 — 14:00  Break
14:00 — 15:30  PHARMACOLOGY—A CLASS ACT  
Barb Bancroft
19:00 — 21:00  Social Activity — TBA

Please use the conference form on page two of this brochure for prices and registration information.

Barb Bancroft RN MSN PNP

Barb Bancroft is a widely acclaimed national speaker, noted for her humorous, entertaining and information packed seminars. She is author of the books Medical Minutiae, An Apple a Day—the ABCs of Diet and Disease and Live a Little, Laugh a Lot.

Many people can conduct health seminars, or write books on health, but very few can make them both thoroughly informative and entertaining. Barb Bancroft makes complex health topics easily understandable, appealing, and hilarious.

Diabetes 24/7

Everything you have always wanted to know about diabetes--and then some! Join Barb for ½ day session on Type 1 and Type 2 diabetes.

Barb will discuss a day in the life of diabetes--from a physiological and pharmacological view. When do blood sugars peak and fall? How do drugs influence blood sugars and when is the best time to administer specific drugs? Barb will discuss how timing influences other complications of diabetes and how drugs should be manipulated to decrease these complications.

Pharmacology—A Class Act

Finally! A lecture on Pharmacology that is not only informative but fun! Join Barb Bancroft for a fun-filled ½ day of Pharmacology Made Easy—the Do's, the Don't's and the Doses!

Barb will discuss the top classes of drugs used today--their mechanism of action, side effects, adverse effects, interactions with other drugs. As always, Barb will add practical pearls and historical highlights to aid in the understanding of where these drugs have come from and how they work.
THURSDAY May 27, 2010 - Conference Day 1 (Cont’d)

18:30 — 21:00  Banquet

FRIDAY May 28, 2010 - Conference Day 2

07:00  AGM Registration
07:30 — 08:15  Breakfast
08:15 — 10:15  AOHNA ANNUAL GENERAL MEETING
10:15 — 10:30  Break
10:30 — 12:00  TIRED, MOODY AND ANXIOUS: THE RELATIONSHIP BETWEEN SLEEP, MOOD AND ANXIETY DISORDERS IN THE WORKPLACE
Dr. Atul Khullar
12:00 — 13:00  Lunch Break
13:00 — 14:15  WORKPLACE BULLYING-THE SILENT EPIDEMIC; COACHING AFFECTED WORKERS
Dr. Gary Namie
14:00 — 14:30  Break
14:30 — 15:30  WORKPLACE BULLYING-THE SILENT EPIDEMIC; COACHING AFFECTED WORKERS (Continued)
Dr. Gary Namie
15:30  Closing Remarks

THURSDAY May 27, 2010 - Conference Day 1

07:00  Registration Opens
07:30 — 08:15  Breakfast
08:15 — 08:30  Welcome Address
08:30 — 09:30  EVEREST: INSIGHTS FROM A HIGHER GROUND
Sharon Wood
TRADESHOW 09:30 — 16:00
10:15 — 11:30  BEAT THE BREAK-AN OSTEOPOROSIS UPDATE
Pat Hodgins
11:30 — 12:45  Lunch / Vendors
12:45 — 14:00  TREATING TOBACCO IN THE WORKPLACE: ENHANCING SKILLS AND CONFIDENCE
Dr. Charl Els
14:00 — 14:30  Break / Vendors
14:30 — 15:30  THE HEALTHY CEO: ACHIEVE THE HEALTH AND BALANCE YOU DESIRE
Dr. Larry Ohlhauser
15:30 — 16:00  Vendor Exhibits
16:30 — 17:30  Social Activity — TBA
2010 CONFERENCE FEES
(NO CHANGE IN CONFERENCES FEES FROM 2009!!)
Other provincial COHNA members will receive the AOHNA member rate

Early Bird Registration (to April 15, 2010)
2 Days (Banquet Included)  Cost  GST  Total
AOHNA Members 295.24 14.76 310.00
Non-Members 395.24 19.76 415.00
Students 166.67 8.83 175.00
1 Day (Banquet NOT included)
AOHNA Members 171.43 8.57 180.00
Non-Members 228.57 11.43 240.00

Regular Registration (on or after April 16, 2010)
2 Days (Banquet Included)  Cost  GST  Total
AOHNA Members 366.67 18.33 385.00
Non-Members 466.67 23.33 490.00
Students 166.67 8.83 175.00
1 Day (Banquet NOT Included)
AOHNA Members 200.00 10.00 210.00
Non-Members 257.14 12.86 270.00
Banquet Tickets 64.76 3.24 68.00

2010 EDUCATION DAY FEES
Early Bird Registration  Cost  GST  Total
AOHNA Members 142.86 7.14 150.00
Non-Members 214.29 10.71 225.00
Students 71.43 3.57 75.00
Regular Registration
AOHNA Members 166.67 8.33 175.00
Non-Members 238.10 11.90 250.00
Students 71.43 3.57 75.00

AOHNA GST # 897415667
To receive the student rate, provide proof of full time status

2 Day conference registration includes: welcome reception, daily breakfast, lunch, refreshment breaks, and one ticket to the banquet.

Other activities planned are optional and may involve additional costs.

Attendance to the AOHNA Annual General Meeting for non-members must be made in advance through the Provincial Executive. Voting at the AGM is limited to AOHNA members only.

2010 AOHNA Conference Registration Form
Complete your entire registration online, including payment by PayPal, at:  http://www.aohna.ab.ca/mem2008/lnkdoc92.htm  (PREFERRED).
You may also complete & submit this form by fax (403-348-5977) or by mail to AOHNA, c/o 24 Duval Close, Red Deer, AB, T4R 2Y7.

Name____________________________________________________________
Employer_________________________________________________________________
Address_________________________________________________________________
City_____________________ Prov _____ Postal Code_____________________
Phone________ Email_____________________________________________

Conference Hotel: Banff Park Lodge, 222 Lynx Street, Banff, AB T1L 1K5
Please contact the hotel directly to make a reservation.

Banff Park Lodge: 403 762-4433 / 1 800 661-9266
Register on-line at AOHNA. Click “Make Reservation” on the left.
(Group ID: 12692, Password: 37005433) Superior room ($125.00), Deluxe Jacuzzi suite-sleeps 2 ($185.00), Parking ($9.50/day)
If you would like to stay longer, please call BPL directly. If there are rooms available, they will honor the conference price.

Bow View Lodge: 403 762-2261 / 1 800 661-1565
Next to Banff Park Lodge (no web registration) Standard room ($105.00), River view suite ($225.00)

Airport Shuttle: www.banffairporter.com Calgary to Banff return: $111.30 with tax.
Remember there are entry fees when visiting Banff National Park!
Go to: www.pc.gc.ca/pn-np/ab/banff/visit/tarifs-fees_E.asp?park=1 or see the attached information from the website.

Photographs will be taken at various events during the conference. Do you agree for your photo to be used for AOHNA purposes.  Yes □  No □

Cheque payment option: Make payable to AOHNA
Credit card payment option: Card Type_________ Card #_________________________ Expiry______________
Card holder Name__________________________________________________________
Card holder Signature_______________________________________________________

Cancellation policy: Requests for cancellation prior to April 24, 2010 will result in 100% less $20 fee refunded. Cancellations between April 25 and May 15 will result in 50% refund only. After May 15 there will be no refunds. All registration and refunds should be directed to Denise via email at aohnatreasurer@live.com

I am paying for:
□ Education Day – Wed, May 26, 2010
□ Conference – 2 days (May 27-28, 2010)
□ Conference – 1 day – Thurs, May 27, 2010
□ Conference – 1 day – Fri, May 28, 2010

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**Speakers Information**

**Sharon Wood**
(Sponsored by Nexen Inc.)

First North American woman to climb Mount Everest. With her lean resources, her small team pursued a bold vision; climb a new route on the world’s highest mountain. Battling extreme conditions, they pushed the limits of human endurance and made history. In demand as a public speaker, she travels North America sharing her experiences and her approach to risk. Sharon leads her audiences on an inspiring, personal odyssey, revealing the power of teamwork, leadership and courage.

**Pat Hodgins**
RN BN

Pat is the Nurse Clinician in the Osteoporosis Centre, Foothills Medical Centre campus in Calgary. She completed her RN at the Ottawa Civic Hospital and, subsequently, her Bachelor of Nursing at the University of Calgary. With a variety of community based experience, her interest in osteoporosis began and developed in the 12 years she worked as a clinical trials nurse helping to investigate treatments for this increasingly prevalent and debilitating disease. Her hope is that each person attending her session will learn something new about bone health - and help us all move one step closer to “Beating the Break!”

**Dr. Charl Els**
MBChB,FCPsych,MMedPsych(cum laude), ABAM, MROCC

Dr. Charl Els is a psychiatrist, addiction specialist, medical review officer, and a Diplomat of the American Board of Addiction Medicine. He completed undergraduate training in medicine and post-graduate training in psychiatry (cum laude) in South Africa and further completed two fellowships in Addiction Medicine and Addiction Psychiatry at the University of Toronto and the Centre for Addiction and Mental Health.

Dr. Els is an adjunct Associate Professor at the University of Alberta’s School of Public Health. He is the principal investigator on several studies and projects, and has generated almost $2 million in peer-reviewed research funding over the last few years. Dr. Els is the author of numerous publications and has presented peer-reviewed work in many countries.

**Dr. Larry Ohlhauser**
MD

Dr. Ohlhauser works with corporate executives and CEOs worldwide. As a sought-after Canadian and international speaker, Dr. Ohlhauser has influenced the transformation of lifestyles by **empowering individuals to take responsibility and leadership for their own health and wellness.** Dr. Ohlhauser is known around the world for his inspirational seminar and book, *The Healthy CEO*, which uses his proven concepts of goal setting and outcome measurement to address the unique health and career challenges facing individuals.

**Dr. Atul Khullar**
MD MSc FRCP DABPN (Cert Sleep Medicine)

Dr. Khullar is a psychiatrist who specializes in the integrative management of sleep, mood and anxiety disorders, as well as sleep apnea in non-traditional populations. Actively involved in research, Dr. Khullar has given more than 150 presentations to public and professional audiences worldwide. He also provides sleep management strategies to organizations such as the Canadian Winter Olympic Team and the Edmonton Oilers.

**Gary Namie**
Ph.D., Social Psychology

He taught the nation's first university course on workplace bullying. He was the expert witness in the nation's first "bullying trial" in Indiana with the verdict upheld by the state Supreme Court. In 1997, Gary and his wife Ruth began the research and education organization that became the Workplace Bullying Institute (WBI) based in Bellingham, Washington. They have authored two books *BullyProof Yourself at Work!* and *The Bully At Work*. WBI regularly conducts research, including the 2007 U.S. survey of bullying representing all adult Americans, the first national scientific survey. They also write articles for peer-reviewed scientific journals and books. They are the most recognized individuals associated with bullying in the U.S.