This fun and interactive two-hour workshop has been designed specifically for Occupational Health Nurses. The focus is on communicating with and influencing others in the workplace. Generational differences are often missed as a significant factor in Alberta’s changing workforce and generational filters have helped us understand another layer of diversity and inclusion. Differences and commonalities of the generations in the Alberta workforce will be covered at length during the session. This workshop will cover assets that youth bring to the workplace and why work spaces and environments should be designed to accommodate differing workers, including easy-to-apply design guidelines and specifications. The presentation will include examples from various industries, including utilities, municipalities, power generation, manufacturing, healthcare, and office environments.

Welcome Break

Messaging Health and Safety to Young Workers

The health and safety message is just not getting out to our young workers – they are still the most likely to get hurt. Our messaging to that demographic is wrong. It is a problem of values, ambitions, views, mind-sets, demographics and multi-generational differences in the way we communicate. This session explores generational differences, core values, work ethics and work styles; it discusses strategies for harnessing the many assets that youth bring to the work place and managing their inherent liabilities.

Navigating Through Generational Differences in the Workplace

This fun and interactive two-hour workshop has been designed specifically for Occupational Health Nurses. The focus is on communicating with and influencing others in the workplace. Generational differences are often missed as a significant factor in Alberta’s changing workforce and generational filters have helped us understand another layer of diversity and inclusion. Differences and commonalities of the generations in the Alberta workforce will be covered at length during the session. This workshop will cover a variety of topics known to be helpful in creating and managing cross-generational relationships.

Generational Differences (continued)

Welcome Reception (and Tradeshow preview)
AOHNA 2012 Conference
...On the Leading Edge

Thursday, May 31, 2012
Conference Day 1
Radisson Conference Center

07:00 – 08:15 Registration and Breakfast

08:15 – 08:30 Welcome

08:30 – 09:45 KEYNOTE ADDRESS ~ SPONSORED By Nexen Inc.
Putting Humour to Work for Less Stress & More Success
Mike Kerr, CSP ~“The Workplace Energizer”

Laugh as you learn what makes for a truly inspiring workplace with bestselling author and international speaker Michael Kerr. In this high-energy presentation, you’ll discover why laughter really is the best medicine when it comes to creating a great place to work. You’ll learn three simple R’s of using humor to manage stress, and discover why humor is one of the most powerful ways to communicate more effectively, build teamwork, spark creative thinking, boost morale, and offer more inspiring service – even on a Monday morning!

09:45 – 10:30 Wellness Break ~Tradeshows Vendors

10:30 – 11:30 New Alberta Privacy & Confidentiality Guidelines
Rick Klupenhouver, MA, MAS
This session will introduce the newly-revised Privacy and Confidentiality Guidelines recently developed for the AOHNA in line with changes to the Health Information Act.

11:30 – 13:00 Lunch/Tradeshows Vendors

13:00 – 14:00 Chronic Pain in the Workplace
Dr. Omar S. Rahaman, MD, CCFP, CoE, MRO
Learn how chronic pain impacts employees within the workplace and what you can do to help them.

14:00 – 14:30 Wellness Break ~Tradeshows Vendors

14:30 – 15:30 Understanding Chronic Fatigue Syndrome
Dr. Ellie Stein, MD, FRCPC
The basic physiology and diagnostic criteria for CFS will be discussed as well as how patients may present to the OHN. How the OHN may deal with CFS patients in the workplace, the disability management process, fitness to work and functional capacity and accommodation will also be discussed.

15:30 – 16:00 Last Chance for Vendor Exhibits!

18:00 – 22:00 Banquet ~ AOHNA Awards
Featuring “The Heebie-jeebies”

AOHNA 2012 Conference
...On the Leading Edge

Friday, June 1, 2012
Conference Day 2
Radisson Conference Center

07:00 – 08:30 AGM Registrations and Breakfast

08:30 – 10:30 AOHNA ANNUAL GENERAL MEETING

10:30 – 10:45 Wellness Break

10:45 – 12:00 Obesity Management – Challenges and Opportunities
Dr. A.M. Sharma, MD/PhD, FRCP

Obesity now affects one in four adult Canadians. This is both a challenge and an opportunity. Health services approaches which do not embrace the complexity, heterogeneity, and chronicity of obesity will be doomed to fail. Obesity management has to be fully integrated into a chronic disease management framework that includes professional assessment, patient education, and lifelong self-management. The causes of obesity are complex – the solutions cannot be simple. Doing nothing is clearly not an option for healthcare professionals, but let us at least stop doing things that have already been shown to fail (like simply telling people to eat less and move more).

12:00 – 13:00 Lunch

13:00 – 14:00 Obesity, Part 2
Dr. A.M. Sharma, MD/PhD, FRCP

14:00 – 14:15 Wellness Break

14:15 – 15:15 Boost Your Metabolism & Energy
Denise Beatty, BSc

Optimize your metabolism, and understand the physiology of burning fat to increase energy.
- Top 10 tips for long term success and results that fit into your life without deprivation!
- Learn how to eat, boost your metabolism and lose fat without dieting!
- Learn about fats, protein and carbs, how they work, how much you need and how you REALLY burn fat for energy!
- Gain tips on how to not waste time at the gym
- Extensive information package with explanations, examples, macronutrient content of food and more is included!

15:30 Closing Remarks ~See You Next Year!
AOHNA 2012 Conference
...On the Leading Edge

Conference Fees
Member rate available to all other COHNA members

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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.


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.
Speaker Information

Erin Walkom, MSc, CPPE  Ergonomics for Special Groups
Educated in Ontario and England, Erin joined EWI Works in 2005. Since then, she has led successful projects with a wide variety of clients in many industry sectors. With experience in both office and industry settings, Erin’s projects have included preventative and reactive ergonomic assessments, training development and presentation, program development and design reviews of furniture and equipment, and job demands analysis. Erin is a member of the Association of Canadian Ergonomists and is the Secretary for ACE’s Prairie and Northern Region Council.

Glyn Jones, MA, Sc. P. Eng., CIH, CRSP  Messaging Health and Safety to Young Workers
Mr. Jones is a Partner in the firm EHS Partnerships Ltd. He is a consulting occupational health and safety professional with extensive experience in the field of occupational hygiene, safety management and risk communication. He remains very involved in related Professional Associations. He is frequently invited to lecture in his field and he is currently an Adjunct Professor/Instructor of the University of Alberta and University of Calgary, Occupational Health and Safety Certificate Programs.

Judy Murphy, MSW  Navigating Through Generational Differences in the Workplace
As well as extensive experience as a counsellor, Judy Murphy has a private practice specializing in training and development. Judy has developed and presented training workshops in Customer Service, Conflict De-Escalation, Respectful workplace, and leadership for a number of clients such as for the City of Calgary, The Calgary Stampede and Exhibition, Northlands, Park’s Canada, as well as several international corporations and a variety of Law Firms. Judy has a unique interactive and fun style which lends itself well to adult learning.

Mike Kerr, CSP  Humor in the Workplace
Michael Kerr is known as one of North America’s leading authorities on how to create healthier and more inspiring work environments by helping audiences tap into their HUMOR resources. An award-winning Hall of Fame speaker, Michael’s presentations have taken him from Iran to Honolulu, as well as hundreds of points in between – including some he’d frankly rather not remember. A recovering government manager, Michael is also the author of six books, including “Putting Humor to Work” and “Inspiring Workplaces – Creating the Kind of Workplace Everyone Wants to Work.” Michael lives in spectacular Canmore, Alberta, in the Canadian Rockies.

Rick Klumpenhower, MA, MSA  New Alberta Privacy and Confidentiality Guidelines
Rick has been a privacy consultant with the AOHNA since 2006. Leading Cenera’s Privacy and Information Management practice, Rick has a passion for providing comprehensive & lasting solutions. He is able to demonstrate complicated concepts in understandable ways. Rick has over 20 years’ experience in the field, completing numerous privacy gaps reviews & privacy impact assessments & applying his knowledge to such areas as information security policies and procedures, information management programs, including policy/procedure frameworks, classification schemes, retention schedules and digital preservation.

Dr. Omar S. Rahaman, MD, CCP, CoE, MPO  Chronic Pain in the Workplace
Dr. Rahaman works with LifeMark as a Chronic Pain Program Physician and has interests in occupational medicine and addictions. He conducts occupational related medical assessments, addiction and chronic pain assessments, and provides consultation services as required. Dr. Rahaman has worked in general practice and as a geriatric palliative care physician. He has written several publications. He continues to learn and share his knowledge as a Clinical Lecturer for the University of Alberta, and in many pain management seminars.

Dr. Ellie Stein, MD, FRCP(C)  Understanding Chronic Fatigue Syndrome
A child and adolescent psychiatrist by training, since 2001, Dr. Ellie Stein has devoted her private practice in Calgary to patients with ME/CFS, FM, MCS and toxic exposure. She integrates her own illness experience with years of study and meetings with experts from around the world to continually innovate her diagnosis and treatment approach. A researcher and public speaker, Dr. Stein has also formed the ET team to conduct integrated medical, cognitive and sensory assessments of people with ME/CFS, FM, MCS and toxic exposure.

Dr. A.M. Sharma, MD, PhD, FRCP(C)  Obesity Management – Challenges and Opportunities
Dr. Sharma is a Professor of Medicine & Chair in Obesity Research and Management at the University of Alberta, Edmonton. He is the Medical Director of Alberta Health Services Edmonton Region’s interdisciplinary Weight Wise Program and the Clinical Co-Chair of the Alberta Health Services Obesity Initiative, as well as the founder and scientific director of the Canadian Obesity Network, which has remarkably transformed the landscape of obesity research and management in Canada. His research focuses on an evidence-based approach to managing obese patients and includes the development of the Edmonton Obesity Staging System. Dr. Sharma has authored or co-authored more than 300 publications and has lectured widely on the aetiology and management of hypertension, obesity, and related cardiometabolic disorders. Dr. Sharma is regularly featured as a medical expert in national and international TV and print media.

Denise Beatty, BSc  Boost Your Metabolism and Energy
Denise started coaching gymnastics in 1991, and has been training clients and athletes since, realizing that she had potential to fill a huge gap in the fitness industry. She wanted to become a trainer with understanding of injuries, physiology and biomechanics and to facilitate incredible fitness and weight loss results – for life! Denise has spoken for the past 10 years as a health and wellness expert for television; she has written for many publications and shares her passion for health with various organizations yearly through public speaking. She also has presented to many sports teams, and other health and fitness related organizations. Denise started Life Works Fitness in 1996, and recently expanded to “The Fitness Fix™” to offer a non-intimidating, safe, family-friendly environment to train.