

Session Descriptions - Weds. Nov. 26

Keynote: It Takes an Active Village - Michelle Johnson

For the first time in the history of mankind, children have a shorter life expectancy than their parents. We have no one to blame but ourselves we feed them, we control their time and we are their role models and teachers. We, as a community need to change, we need to engage and we need to lead these children to an *active for life* attitude. The keynote will talk about physical literacy what it is, what it looks like from the bigger picture, what communities can do to promote and engage children, how to include physical activity in all that we do, meetings, workplaces etc. It will discuss why this is such an important issue to champion and why we are the key to our children's future as healthy active people regardless of their level of participation in sport.

12:30 – 12:50pm

Drop in Yoga – Blake Hamilton

Blake Hamilton is a certified Yoga Instructor and has been teaching yoga in Brandon and abroad for eight years. Take 20 minutes out of your lunch break to enjoy some gentle but effective stretches, movements and relaxation. A great way to feel refreshed for the afternoon sessions. All levels of ability welcome; please report any injuries or other health problems to Blake in advance to insure comfort and safety.

Concurrent Sessions - Weds. Nov. 26

Sagkeeng Health Empowerment for You (HEY) Project & Communities that Care: Derrick Henderson, Friederike Ballantyne, Pamela Schacht, Justin Courchene & Linda Dorie

HEY stands for Health Empowerment for You. It is a series of modules to support adults and youth to empower themselves to engage in healthy lifestyle behaviors and make healthy choices, to prevent chronic diseases. Modules are culture-based and cover traditional practices and culture, healthy eating, physical activity, drug and alcohol use prevention, smoking cessation or prevention as well as traditional use and significance of tobacco in ceremonies, healthy relationships, community stewardship and collective responsibility building toward healthiest communities, among other topics all aimed toward health.

Communities that Care

Communities that Care is about community members (youth, families, Elders, residents, service providers) coming together to work on issues youth in the community are facing like drinking & drug use, violence, teen-pregnancy, delinquent behaviours, school drop-out, and depression/suicide. Together communities celebrate youth and their successes and create a vision for a healthy community and work together to tackle many issues through a focus on prevention. Learn about how Sagkeeng implemented Communities that Care project and other youth activities in Sagkeeng and how these link with HEY

Healthy Lives & Conditions - Connie Clement

This session will explore how social and economic conditions influence health even more than genetics, access to good health care or individual behaviours. Participants will learn about strategies to influence the opportunity for choice, explore barriers and supports to working at a community level, and learn about evidence-informed approaches to make the link between prevention and health for *everyone*.

Concurrent Sessions - Weds. Nov. 26

Chew Tobacco - Dean Kriellaars

This session will discuss the growing trend of smokeless tobacco use (including Hookah) in Canada, as well as its widespread use in certain male team sports. This session will look at all aspects of Chew tobacco: potential growth, sources, types and who uses Chew tobacco products.

The use of smokeless tobacco in sport will be discussed as to the specific sports, age of onset, male/female differences, and reasons for starting, professional versus amateur, etc.

Learn about the impact of nicotine consumption on performance in sport and the fact that the product is now on the World Anti-Doping Monitoring List. Finally, evidenced based cessation methods will be discussed.

The importance of Engagement in an Active Start (0-6years) - Michelle Johnson

This workshop will talk about the importance of leadership and engagement when working on fundamental movement skills with 0-6 year olds. It will discuss the Fundamental movement skills that are crucial at this age and strategies to help children develop them. It will encourage and motivate champions in communities to get their children active in a fun filled learning environment that focuses on the development of each child and their path to physical literacy and an active for life attitude.

The Amazing Chase – A Geocaching Adventure - Bonnie Michaudville

Participants will learn the features of the G.P.S. units that are in regional loaner kits. 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.

Building Equity in Communities through Gardening - Blake Hamilton

Blake's work in Brandon has helped connect people to healthy eating who otherwise might not have the means or know-how. He has focused on making community garden programs accessible to everyone by finding ways to inspire inclusion and equity. Blake will present some of the initiatives that he has worked on to encourage harder to reach populations and achieve equal opportunity and participation amongst different community groups and individuals.

Healthy Food for All – the Community Food Centre Model - Kristina McMillan

Food insecurity impacts health but what can we do to address these issues as health and social service agencies? This workshop will explore NorWest Co-op Community Health's recent development of a Community Food Centre in North West Winnipeg. Our Centre aims to increase access to healthy food by bringing people together to grow, cook, share and advocate for good food for all. Learn about the development of this model and other Community Food Centre sites across Canada. We will discuss the issues which underpin our work in North West Winnipeg as well as the programs developed to address these challenges.

Putting the Fun in Fundamental, it's our job (6-12 Years) - Michelle Johnson

Screen time and sedentary behavior in today's society has led our children to devastating statics. Canada's Physical Activity Report card was far from passing and we need to take action. This workshop will focus on us as the key to a physically literate future for our children. It will talk about the importance of incorporating actively that develops fundamental movement skills in this age group. It will provide strategies and examples of how to take a holistic approach to actively and insure the highest level of participation within the children we work with. Non-competitive + Non-sport specific games = increased participation and fun for all.

Session Descriptions - Thurs. Nov. 27

Keynote: Livin' Life Large – Casting Messages within our Community - Tyler Hayden

Livin' Life Large – Simple Actions that Create Success, this presentation will not only have you rolling with laughter, but will also have you leaving with simple changes that you can easily do to begin to:

- facilitate a balanced lifestyle in both your personal and professional lives.
- create a connection between volunteer and community participation for mental well being.
- explore the importance of daily investments of energy to create a positive state of mental wellbeing.
- discover how community involvement increases holistic health.

The content for "Livin' Life Large" comes from lessons learned from messages that inspire legacy that Tyler has collected from around the world, applied research studies and of course his hilarious true east coast wisdom. Tyler will take you on a focused learning and entertaining exploration of concepts like: There Ain't A U-Haul Attached to Yer Hearse, You Are the Company You Keep, and more. Tyler's keynote is all about creating long term life satisfaction by living "every single moment of every single day." In doing so we are able to effectively and efficiently balance the rigors that work and life throw our way.

It's hilarious. It's high energy. It's impactful. It's 100% Tyler Hayden.

12:30 – 12:50pm

Drop in Capoeira - Blake Hamilton

Blake Hamilton has been a member of the Guanabara Capoeira Group in Brandon for the past five years. Capoeira is an Afro-Brazilian martial art that emerged from slave camps in Brazil more than 500 years ago and is now recognized as a sport around the globe. It incorporates movements reminiscent of dance and acrobatics with kicks and strikes to achieve an unmistakable form of interactive movement. In a 20 minute lunch hour class, expect to learn the basic movements, stretches, and a couple of kicks. All levels of ability welcome, there is something for everyone!

Concurrent Sessions - Thurs. Nov. 27

E-Cigarettes: No Smoke, but lots of Fire! - Jo-Anne Douglas

Electronic cigarettes have exploded onto the market, but not without great controversy. This presentation will cover the basics of the rise of e-cigarettes: are they a way to help people quit or are they just as risky to health as tobacco? Are they setting tobacco control efforts backwards or are they helping reduce tobacco use?

The Growing Pains of Community Based Food Research - Naomi Leadbeater and Erin May

A presentation and interactive discussion on how to make Community Based Research (CBR) productive. We'll discuss trials and successes and what we'd do different next time. How to properly plan a Community Based Research project and get stakeholders from very different backgrounds to engage & work together

Leader's Pack - new ideas for building community committees - Tyler Hayden

Effective committees need trust, respect, and camaraderie to get the job done. Building effective committees when partners bring many different perspectives to a committee, busy volunteers are pulled in numerous directions or live in another community can be tricky. Come and explore some fun and efficient ways to get your group to know each other in a digital world. Explore some out of the box ideas for getting the group to share insight about themselves individually as well as a group. You'll learn how to build committee albums, find commonalities, and much more. This session will help you discover activities that will help to build meaningful relationships and improved well being for yourself, within your committee and community. This will be done by focusing on enhancing the effective and efficient development of committee functioning using our committee approved Multiple Intelligence Quotient (MIQ) tool.

Concurrent Sessions - Thurs. Nov. 27

3 Keys to Championing Healthy Eating – Getty Stewart

Research shows those who prepare their own meals have healthier diets and live longer. It also shows 43 per cent of Canadians do not cook balanced meals on a regular basis due to lack of skills, confidence, time, knowledge or interest. As Champions of Healthy Eating, what can we do? In this workshop we'll explore how to make our programs more Understandable, Doable and Enjoyable in order to support and encourage Manitobans to prepare more home cooked meals.

Evaluating a Growing Food Community Network: Did We Really Make a Difference? - Naomi Leadbeater & Keith Williams

Logic Models, tools & tips for how to evaluate whether your funding is making an impact in your community. A short presentation on the research & evaluation project with Healthy Brandon that focused on Community Gardens, Fruit Share, the Food Assessment, and Education and outreach. The presentation will include tips for starting your own evaluation and what the key components are.

Leader's Pack - *new ideas for building community committees* - Tyler Hayden (repeat workshop)

Share & Learn Speaker Biographies - Weds. Nov. 26

Keynote: Michelle Johnson is a graduate of the University of Manitoba's Bachelor of Physical Education program. She has over 14 years experience working with children, youth and community development. With opportunity to travel the world while teaching and coaching in Kuwait, Michelle has had the ability to gain knowledge of children, education and sport with a cultural perspective. With experience as a player as well as a coach she knows the importance of Long term athlete development. Believing that the Active Start and Fundamental stages are the foundation for rising a Physically Literate child and crucial to their development and success. She truly believes with the proper instruction there is an athlete in every child recreational or competitive and that learning the basics can lead to an active for life attitude in anyone. She believes that it takes an active community to raise an active child with engagement and opportunity being imperative for a healthy future. Fit Kids Healthy Kids, Sport Manitoba, 145 Pacific Avenue, Winnipeg MB., R3B 2Z6 204.925.5676
michelle.johnson@sportmanitoba.ca | www.sportmanitoba.ca

Concurrent Sessions Biographies - Weds. Nov. 26

Sagkeeng Health Empowerment for You Project (HEY) & Communities that Care - Derrick Henderson, Friederike Ballantyne, Justin Courchene and Linda Dorie

Derrick Henderson is a member of the Sagkeeng First Nation and is currently Acting Chief and completing his third term. As a leader I have an opportunity to impact change in Sagkeeng and assist all First Nation communities. He has dedicated most of his life working and promoting First Nations peoples, history, culture and EDUCATION. Derrick received his Bachelor of Education Degree from Brandon University and a Graduate Diploma in Educational Administration. He taught in First Nation communities in Manitoba, Saskatchewan and Alberta for over 25 years as a teacher, Principal and Director/Superintendent of Education. Derrick is also a Board Member on the Population Health Advisory Group for Canadian Partnership Against Cancer and also the Vice-Chair for the Arthritis Society for Mb/Saskatchewan and Nunavut Division. My goal is to promote the importance of being healthy; healthy people leads to healthy lifestyle which leads to a healthy community. First Nation people are at a disadvantage when it comes to health; poor housing, lack of employment, Residential Schools and lack of services. I have a responsibility as a leader to do my best so the people of Sagkeeng have the necessary tools to lead a healthy life. The 'HEY' curriculum gives the younger generation a tool to make them aware of what they need to do to lead healthy lives.

Concurrent Sessions Biographies - Weds. Nov.26

Friederike Ballantyne, RN, NP, MN, RPN. has worked in Sagkeeng for 14 years in various health roles and presently provide Nurse Practitioner services. I took the HEY training with Justin 2 years ago and have worked with him to introduce the curriculum to the local high schools. I am currently not involved in health promotion as much as I was before because the my primary care (Nurse Practitioner) role demands my full focus, however Justin and Linda have carried on the work of promoting health for youth and can speak to the many youth activities they implement. The community public health nurses also continue to be very active in the area of promoting healthy lifestyles and preventing chronic conditions and communicable diseases. My focus has now shifted from health promotion to prevention through screening, early diagnosis and treatment of chronic conditions.

Justin Courchene has been the Youth Suicide Prevention Coordinator for the Sagkeeng Health Centre, since October, 2011. In this role, Justin has had the opportunity to implement many programs and activities within the community of Sagkeeng. These include but are not limited to, hip hop dance classes, suicide prevention workshops, anti-bullying workshops, TeenTalk presentations, ASIST training sessions for community members, World Suicide Awareness Day powwows (annual event), and in cooperation with other organizations within the community, powwow instruction classes for regalia. Justin also provides one-on-one counselling services for community members, cultural support for the community, and traditional singing for various community ceremonies.

Linda Dorie currently is the Communities That Care (CTC) Coordinator for the community of Sagkeeng. Communities That Care program promotes the positive development of children and youth and prevents problem behaviours, including substance use, delinquency, teen pregnancy, school drop-out and violence. Linda has worked with both the Brighter Futures Initiative and Building Healthy Communities through the Sagkeeng Health Centre. She has been involved with the Sagkeeng Schools, community and youth for more than 20 years, and many of the activities and programs she is currently working on involve youth.

Healthy Lives & Conditions - Connie Clement

Connie Clement is the scientific director at the National Collaborating Centre for Determinants of Health located at St Francis Xavier University in N.S. Previously Connie has been executive director of Health Nexus/Nexus Santé, one of Canada's leading health promotion organizations, and Director of Toronto Public Health Policy and Planning. Connie co-founded the Ontario Chronic Disease Prevention Alliance and was an advisory committee member to the Pan-Canadian Healthy Living Strategy. She's brought health promotion strategies to a wide range of community health and prevention initiatives and challenges. She's a mom and community volunteer.

Chew Tobacco - Dean Kriellaars, BPE, MSc, PhD, CEP

Dean Kriellaars is a faculty member of the College of Rehabilitation Sciences, Department of Physical Therapy. He is a member of the Spinal Cord Research Centre and a scientist of the Manitoba Institute of Child Health. His Human Performance Laboratory has numerous students and staff directed to undertaking research on physical literacy, exercise, physical activity and obesity. Throughout his career, Dr. Kriellaars has received numerous awards for both his scientific work and community service. He is part of the leadership team of the Canadian Sport for Life movement, works with PHE Canada, the Sport Medicine and Science Council of Manitoba, as well as the RCMP on community wellness initiatives. He was recently awarded the Builder Award by MPETA for his work on developing child health initiatives within schools. He works on training optimization for injury prevention and performance enhancement for the National Circus School and Cirque du Soleil.

The importance of Engagement in an Active Start (0-6years) Michelle Johnson (see above biography)

Concurrent Sessions Biographies - Weds. Nov. 26

The Amazing Race – A geocaching Adventure - Bonnie Michaudville

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.

Building Equity in Communities through Gardening - Blake Hamilton

Blake Hamilton has been involved in the Community Garden Network in Brandon since 2008 when he initiated a project destined to bring food security to Brandon's Core Area while providing nutritional education to Ecole New Era. Since then he has been an employee of the Brandon School Division and the City of Brandon as a Community School Garden Coordinator and Community Garden Network Program Coordinator. He has recently brought an indoor vegetable garden to New Era School as well as a Salad Bar, both of which are enhancing the school's breakfast and lunch program as well as providing a health theme lunch for sale in the school.

Healthy Food for All – the Community Food Centre Model - Kristina McMillan

Kristina McMillan is the Director of the NorWest Co-op Community Food Centre which aims to increase access to health food by bringing people together to grow, cook, share and advocate for good food for all. The Community Food Centre is a new project of NorWest Co-op Community Health and operated in partnership with Community Food Centres Canada. She holds a MSc. in Health Inequalities and Public Policy from the University of Edinburgh and a Bachelor's degree in International Development from the University of Winnipeg. Previously she has worked and interned with community development and food security organizations in Canada and abroad including a Northern Canadian food bank, agricultural development groups in Honduras, the Manitoban provincial Food Security Network Food Matters Manitoba and a health promotion social enterprise in Scotland. She can be contacted at kmcmillan3@norwestcoop.ca.

Putting the Fun in Fundamental, it's our job (6-12 Years) Michelle Johnson (see above biography)

Share & Learn Speaker Biographies - Thurs. Nov. 27

Keynote - Tyler Hayden, BRM (OEE) has been full-time professional speaker and innovative team builder for over a decade. His business is personal development and non-traditional team building programs. He has worked with numerous large corporations and many non-profit organizations including 4-H, Big Brothers Big Sisters and Junior Achievement as well as post secondary institutions like Dalhousie University and Acadia University.

Tyler is a keynoter, team-builder and author. He has developed program solutions for colleges and universities in areas of leadership, team building, staff motivation, personal development and soft skill development. He is the author of several books, audio CDs, interactive CD-ROMS, board games, card games an APP and a full length DVD. His materials have been used worldwide and he has delivered keynotes and train-the-trainer programs internationally.

Tyler has a background in community development (as a municipal councillor, board member, president, and volunteer) and currently sits as the chair of the recreation committee. As well he works as a management consultant in Health Care and has written programs on healthy lifestyles in the workplace, stress and mental health, mentoring and team collaboration.

Tyler is a loving husband to Laurie, a high school principal and proud father of Tait and Breton, his two wonderful daughters.

Concurrent Sessions Biographies - Thurs. Nov.27

E-Cigarettes: No Smoke but lots of Fire! - Joanne Douglas

Jo-Anne Douglas is the tobacco dependence counselor at Brandon Regional Health Centre. She worked for the Manitoba Lung Association for many years, working in the areas of smoking prevention and smoking cessation and was involved in the movement to ban smoking from public places. She managed the province's first two Manitoba Quits 'quit and win' contests. Jo-Anne was also on the Council for Tobacco Free Manitoba and the Manitoba Tobacco Reduction Alliance (MANTRA) board.

The Growing Pains of Community Based Food Research - Naomi Leadbeater & Erin May

Naomi Leadbeater grew up in Southern Manitoba and made Brandon her home after completing a Bachelor in Music, Specialist in Music Education Research at Brandon University. Naomi is the Community Development Coordinator for the Brandon Neighbourhood Renewal Corporation (BNRC), President of The Marquis Project, a personal cause near and dear to her heart, and a marketing agent for Novel Publicity's network of small house and indie published authors. She also maintains a small studio of piano and voice students at Faders Music. Naomi is an active volunteer and serves on numerous board and steering committees through her work at the BNRC. The Boards she currently works with are numerous and diverse in nature. Some examples are: Mobilizing Local Capacity to End Youth Homelessness - Brandon to Global Market Steering Committee. If you're interested in contacting Naomi, you can find her on [LinkedIn](#), [Goodreads](#), [Facebook](#), [Twitter](#) and [Google+](#) or email n.leadbeater@brandon.ca.

Erin May is the Food Assessment Coordinator for the Brandon Neighbourhood Renewal Corporation. Over the past year, she has coordinated community stakeholders, service providers and worked in conjunction with Brandon University to conduct a large scale community based research project on food availability, affordability and accessibility in the Brandon area. Official findings of the food assessment will be released in early 2015, for more information about upcoming events and the results of the food assessment, please contact Erin at foodawarebrandon@gmail.com or 204-726-1513

Leader's Pack - new ideas for building community committees: Tyler Hayden (see above biography)

3 keys to Championing Healthy Eating - Getty Stewart

Getty Stewart is a Professional Home Economist, speaker and author helping people escape food fads and reconnect with real food. Through workshops, practical recipes, time-saving tips, and helpful kitchen ideas Getty makes home cooking easy and enjoyable. She is author of the [Prairie Fruit Cookbook](#), Founder of [Fruit Share](#), a mom and a veggie gardener. Getty's passion for promoting local, healthy food have earned her a Golden Carrot Award, a Healthy Living Award and recognition as an Oxfam Female Food Hero.

Evaluating a Growing Garden Network: Did we really make a difference? - Naomi Leadbeater & Keith Williams

Naomi Leadbeater (see above biography)

Keith Williams is currently working as Director of Adult Learning at Assiniboine Community College. Keith's areas of expertise include community development, food security, and program evaluation. Keith has been involved with Healthy Brandon, in particularly program evaluation. He has worked in various capacities across Canada and the world. Keith can be reached at 725 Rosser Avenue, Brandon, MB. 1-204-725-8735 ext 6123 williamsk@assiniboine.net