

Healthy Together Now - Share & Learn

Looking back, Moving forward



Nov. 24, 2015

Through Share & Learn, collectively we strive to:

- Gain new ideas and information about Healthy Living and the four focus areas to make an impact in your community
- Connect with partners to expand Healthy Together Now's reach
- Match action with evidence – take home new information about promising practices
- Learn about ways to create momentum for programs in your community

Tues. Nov. 24 * Note all sessions are in Royal AB unless otherwise noted

8:00	Breakfast & Registration			
9:00	Welcome & opening remarks		Minister Deanne Crothers, Healthy Living and Seniors Betty Kozak	
	Purpose of gathering & what we hope to achieve		Betty Kozak & Dave Little	
9:20	Keynote - Healthy Together Now: <i>Focusing on our Strengths and Looking Ahead</i>		Nancy McPherson	
10:20	Break & networking			
10:45	Telling Our Stories (Story Stations) 15 mins. per station			
	Story 1 - Royal AB Heads Up: Learning and Growing Together - A Girls Club: Amy Louttit & Vicki Fallis, Melita		Story 2 – Royal C A.I.M.-Archwood in Motion: Tammy Bruce & Caleb De Vries, St. Boniface, Wpg.	
	Story 3 - Viscount A Let it Out Summer Rock Band Camp: Eleanor Snitka, Dauphin		Story 4 - Viscount B Traditional Wellness Camp: Dora Antsanen, Northlands First Nation (Lac Brochet)	
	Story 5 – Windsor Growing Your Garden Too Fast: Melanie Hellyer, Brandon			
12:00	Lunch			
1:00	Concurrent Sessions			
	<i>Royal C</i>	<i>Viscount A</i>	<i>Viscount B</i>	<i>Windsor</i>
	Physical Literacy and Homemade Play Michelle Johnson & Wael Jaffel	Southern Manitoba First Nations Commercial Tobacco Reduction Strategy Marsha Simmons	Snakes and Ladders Nancy Dubois	Restore Yourself Deb Dawson-Dunn
2:15	Break			
2:45 3:45	Concurrent Sessions			
	<i>Royal C</i>	<i>Viscount A</i>	<i>Viscount B</i>	<i>Windsor</i>
	Physical Literacy and Homemade Play Michelle Johnson & Wael Jaffel	Vaping – A Made in Manitoba Approach Murray Gibson & Will Cooke	HANS KAI Michelle Kirkbride & Mike Sadlowski	Beyond The Hurt: Red Cross Respect Ed James Wigley

Each workshop will adjourn separately

*Supported by Manitoba Health, Healthy Living and Seniors

Healthy Together Now – Share & Learn

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Nov. 25, 2015

Through Share & Learn, collectively we strive to:			
<ul style="list-style-type: none"> • Gain new ideas and information about Healthy Living and the four focus areas to make an impact in your community • Connect with partners to expand Healthy Together Now's reach • Match action with evidence – take home new information about promising practices • Learn about ways to create momentum for programs in your community 			
Weds. Nov. 25 * <i>Note all sessions are in Royal AB unless otherwise noted</i>			
8:00	Breakfast & Registration		
9:00	Welcome and day's goals	Betty Kozak & Dave Little	
9:15	Keynote - The Forgotten Tool: <i>The Critical Use of Self in Community Roles</i>	Marli Brown	
10:15	Break & Networking		
10:45	Telling our Stories (Story Stations) 15 mins. per station		
	Story 6 - Royal AB Healthy Aging Together: Laine Wilson & Debra Steen, Carberry	Story 7 - Royal C Pantry to Plate: Bea Holm & Kristen Ticknor, Lac du Bonnet	
	Story 8 – Viscount A BAG (Better Access to Groceries) Program: Trinetta Konge & Kerri Cuthbert, River East Wpg.	Story 9 – Viscount B Futsal Indoor Soccer: Irai Rodrigues Filho, Steinbach	
	Story 10 - Windsor Morden Community Meal and Community Kitchen: Edith Lovett, Morden		
12:00	Lunch		
12:45 -1:45	Concurrent sessions		
	<i>Royal C</i>	<i>Viscount A</i>	<i>Viscount B</i>
	Learning from community: Collaborating for improved food security and equity outcomes Claire Meiklejohn & Lavonne Harms	What is YOUR sharpest tool? Practical strategies for working in community Marli Brown	Thrive over 55: Strategies for mental health and well-being Karen Kyliuk
1:45 2:00	<i>Break /pick up coffee & go</i>		
2:00 -3:00	Concurrent sessions		
	<i>Royal C</i>	<i>Viscount A</i>	<i>Viscount B</i>
	Community Nutrition Educator Program Lana Pestaluky & Lavonne Harms	Livin' Better Wellness Program Cheryl Ogaranko & Colleen Tackaberry	Kids Cooking! Stacie Buchanan
3:10 -3:30	Bringing it home – tying it all together		
	Evaluation & Closing		Betty Kozak & Dave Little

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