

Tues. Nov. 24, 2015

**Keynote: Healthy Together Now: Focusing on our Strengths and Looking Ahead** - Nancy McPherson

It's been 10 years since Manitoba Health and the Public Health Agency of Canada launched CDPI, the Chronic Disease Prevention Initiative which is now known as Healthy Together Now (HTN). Communities have worked tirelessly to design and deliver programs that will improve the health of their families, friends and neighbours. While there have been many successes through HTN efforts, essential components such as community engagement, capacity building and sustainability remain challenging for many working at the community level. Nancy will discuss the complementary strengths of science, practice and policy through an examination of Healthy Together Now, which has driven the health promotion movement in Manitoba over the past ten years. Through storytelling, Nancy McPherson will share personal experiences highlighting many successes and challenges of HTN over the last decade. She will also identify potential opportunities to tackle health inequities in the future.

**Concurrent Sessions - Tues. Nov. 24 1:00- 2:15pm**

**Physical Literacy and Homemade Play** - Michelle Johnson

In this interactive session will learn about creative homemade equipment that will help get kids ages 6-12 active! Our focus will be on developing Fundamental Movement Skills and bringing back play to contribute to a child's physical literacy journey.

**Southern Manitoba First Nations Commercial Tobacco Reduction Strategy** - Marsha Simmons

This session will explore the tobacco strategy that encompasses thirty-six First Nations located in southern Manitoba. This program is the largest of its kind ever in Canada and aims to decrease the incidence of commercial tobacco use and increase the use of traditional tobacco. This strategy includes programming aimed at the six target areas: protection, reducing access to commercial tobacco products, prevention, education, cessation and data collection.

**Snakes and Ladders** - Nancy Dubois

This session will provide tips, tools and techniques to keep projects moving forward over time - to build and maintain momentum to get up those "ladders" - through such things as recognition, strong Theories of Change, and scalability. Of equal importance is managing the "snakes" along the way which could include opposition and changes in sponsorship or funding. Nancy will bring examples and strategies from over 25 years of community-based health promotion experience to the session and welcomes the opportunity to troubleshoot local scenarios.

**Restore Yourself** – Deb Dawson Dunn

You give, you work, you sacrifice but do you have what it takes to make *yourself* a priority? In this session, take a pause from your endless to do lists and return to your deepest, truest vitality. Reconnect with yourself, remember who you are and what makes you feel alive. Stress, frustration and overwhelm become a thing of the past as you relax and discover your natural abilities to make your work and life easier by using the principles offered in this presentation. Join Deb as she uses simple and effective tools to help you reconnect to the energy, balance and focus you need to work sustainably, restore yourself and be well!

## **Concurrent Sessions - Tues. Nov. 24 2:45 – 3:45**

### **Physical Literacy and Homemade Play** - Michelle Johnson

In this interactive session will learn about creative homemade equipment that will help get kids ages 6-12 active! Our focus will be on developing Fundamental Movement Skills and bringing back play to contribute to a child's physical literacy journey.

### **"Vaping – A Made in Manitoba Approach"** - Murray Gibson & Will Cooke

What the Manitoba public is saying – June 2015 survey by MANTRA (overview)

What Manitoba's legislators are saying – results of newly introduced provincial regulatory legislation (unique)

What should health professionals be saying? – thoughts and discussion

### **HANS KAI** - Michelle Kirkbride & Mike Sadlowski

Come learn about HANS KAI, a sustainable community led Health Promotion Program. HANS KAI is a community led based health program for people wanting to maintain or improve their health. HANS KAI is based on a program that has been operating in Japan for the last 50 years. HANS KAI empowers individuals to take control of their own health and provides a unique opportunity for participants to have an active role in improving or maintaining their own health and well-being and that of their community.

### **Beyond The Hurt** - Canadian Red Cross Respect Ed: Violence and Abuse Prevention Program\_- James Wigley

Beyond The Hurt is a Bullying Prevention program that is from the Canadian Red Cross' Respect Ed: Violence and Abuse Prevention Programs. Beyond The Hurt program supports a school or organization-wide approach to preventing bullying and building empathy and respect. This program is based on the belief that all youth – those targeted, those who bully, and those who witness – have a critical role in preventing bullying. This program allows a Prevention Educator to go into a school and train a group of youth aged 11 and up to become Youth Facilitators who then are able to go into classrooms in their school and lead 3 hour bullying prevention presentations to create a youth facilitated by youth experience. This program also corresponds directly with a number of prescribed learning outcomes from the Ministries of Education.

Weds. Nov. 25

**Keynote: The Forgotten Tool: *The Critical Use of Self in Community Roles* - Marli Brown**

Community... It is the root of all connections. Developing, maintaining, and enhancing connections within the community can be exhausting and exhilarating all at once. Whether it be through volunteering, participating, or paid work, it is important to embrace self care at the highest of levels to ensure that we each feel confident, effective, and excited to build on the amazing work already completed. When we are ready to move into the next step, or a new project, we often seek formal and informal learning to have our toolboxes as full as possible so we feel ready for what is to come. However, research shows that time and time again, we focus on the wrong tool. So, what is this elusive, often overlooked tool? Of all things, it is actually Yourself!

During this keynote, Marli will highlight how to capture this tool based in a context of over 20 years experience of working in a variety of community roles. Using real life, concrete (and often humorous!) examples, she will take listeners down the journey of the struggles, the celebrations, and the unknowns of this type of role. She will focus on the most underutilized, and often least prioritized, tool we all have in our lives; ourselves. Audience members will leave feeling inspired, motivated, and excited to turn these practical tips into further celebrations within their own unique communities. Be ready to laugh, to share a potential teary eye, and most importantly, connect through a Share & Learn moment that will leave you excited for what today will bring...

**Concurrent Sessions - Weds. Nov. 25 12:45 – 1:45 pm**

**Learning from community: Collaborating for improved food security and equity outcomes. - Claire Meiklejohn & Lavonne Harms**

Health equity or "health for all" occurs when all people reach their full health potential and are not held back by the socially determined yet modifiable barriers associated with poverty. Lavonne and Claire will discuss how the WRHA Health for All: Building Winnipeg's Health Equity Action Plan report identifies opportunities for action related to food security.

**What is YOUR sharpest tool? Practical Strategies for working in community - Marli Brown**

One of Marli's passions is the use of self in our lives. It can seem silly and simple, yet research has shown that we are more likely to look outward to solve an issue rather than inward. We are often presented with difficult people and situations when we are volunteering and/or working in the community. What happens if you have to "fire" a volunteer? What if no one shows up to the event? How do we manage the feeling of burn out because it is always the same 5 people who host every program/event in the community? We learn many, many strategies on how to deal with these situations that often looks outward; however, we do not learn many strategies on how we can use ourselves in these types of scenarios.

In this workshop, we will explore the reasons behind these situations, and then focus on the "use of self". These practical strategies and communication "tricks of the trade" will leave you feeling empowered to start using them immediately in all areas of your life, and give you sure-fire ways to position yourself in such a way to reduce conflict, increase engagement, and reduce the risk of feeling burn out. This session is designed to both shine up and honour the sharpest tool you have in your toolbelt.... YOU!

## **Concurrent Sessions - Weds. Nov. 25 12:45 - 1:45 pm**

### **Thrive over 55- Strategies for Mental Health and Well-being - Karen Kyliuk**

This workshop will explore mental health and wellness in the latter years. Key Strategies in several life domain areas will be highlighted along with how service providers and community agencies can embed mental health and well-being into their daily interventions with clients. The workshop will include the launch of some creative tools that can be used to promote mental health and well-being for older adults /communities as part of an overall mental health promotion plan.

## **Concurrent Sessions - Weds. Nov. 25 2:00 - 3:00p.m.**

### **Community Nutrition Educator Program - Lana Pestaluky & Lavonne Harms**

The Community Nutrition Educator (CNE) program is a Winnipeg Regional Health Authority public health dietitian led community support program in which trained peer educators provide evidence-based healthy eating and food skills information to non-profit organizations. The CNE program was adapted from the successful Community Food Advisor program in Ontario. This session will outline the training, resources, and how the program was innovated to incorporate a community nutrition capacity building component to fit with the public health nutrition priorities of the Winnipeg Health Region. The participants will learn how to use a peer-education program to help health care providers form partnerships and explore changes related to nutrition policy and practice within community agencies. Participants will learn about the Community Nutrition Educator program evaluation strategy including quantitative and qualitative methods.

### **Livin' Better Wellness Program – Cheryl Ogaranko & Colleen Tackaberry**

A brief history of how the Livin' Better program was developed will be provided. There will be a review of the weekly themes of the program including session format. Then the audience will have the opportunity to participate in a few sample activities.

### **Kids Cooking! - Stacie Buchanan**

In this session, you will realize that you don't have to be a nutrition expert to facilitate fun and educational cooking classes for kids. You will learn about available resources designed to make planning and implementing cooking classes simple and successful. You will also get ideas on how to tailor cooking classes depending on the type of facility available, and for various ages and group sizes.

## **Speakers' Biographies - Tues. Nov. 24**

### **Keynote – Healthy Together Now: Focusing on our Strengths and Looking Ahead - Nancy McPherson**

For the past 14 years, Nancy has worked as the Population Health Planner Analyst with the local regional health authority. She is responsible for integrating a population health approach to planning and evaluating programs and services throughout the region. She has also held an Assistant Professor position in the Department of Nursing at Brandon University for the past five years. Nancy has been nursing for over 35 years in a variety of capacities including northern/remote, rural and urban settings. As well, Nancy has experience with international health having worked in the West Indies and co-led health reform post-perestroika in north eastern Siberia.

Nancy has a keen interest in working with under-served populations, cultural diversity and social justice issues which led to a Master of Science in Health Promotion from the University of Alberta. In 2005, she was given the organizational lead for the Chronic Disease Prevention Initiative (CDPI) with the former Brandon RHA and led the creation of Healthy Brandon. Contact Nancy at 204-578-2314 or [nmcpherson@pmh-mb.ca](mailto:nmcpherson@pmh-mb.ca)

**Speakers' Biographies**  
**Concurrent Sessions Tues. Nov. 24**



**Physical Literacy and Homemade Play - Michelle Johnson**

A graduate from the University of Manitoba's Bachelor of Physical Education program, Michelle has over 14 years of experience working with children and youth in a variety of community development initiatives and educational settings. An experienced player and coach herself, Michelle is a supporter of Long Term Athlete Development. She truly believes that the *Active Start* and *Fundamental* stages are the foundation for raising a physically literate child. Her message to everyone is that 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. Contact Michelle at 204-223-8976 or [michelle.johnson@sportmanitoba.ca](mailto:michelle.johnson@sportmanitoba.ca)

**Southern Manitoba First Nations Commercial Tobacco Reduction Strategy - Marsha Simmons**

Marsha Simmons is a proud member of the Berens River First Nation and mother of four. As the Commercial Tobacco Reduction Coordinator, her main area of focus is reducing the incidence and harm associated with commercial tobacco products and increasing the use of traditional tobacco. First Nations people are overrepresented in commercial tobacco statistics so she feels that we must be overrepresented with a response.

Marsha's thirteen years with Southeast Resource Development Council have resulted in her having strong working relationships with the communities from grassroots to professionals. She has presented at numerous conferences and trained many in the areas of commercial and traditional tobacco, FASD, advocacy, suicide prevention, substance use and family violence. She is the former chair of the Manitoba First Nations Tobacco Control Circle and current vice-chair of the Manitoba Tobacco Reduction Alliance. Contact Marsha at 204-956-7500 or [marshas@serdc.mb.ca](mailto:marshas@serdc.mb.ca)

**Snakes and Ladders - Nancy Dubois**

Nancy Dubois operates her own firm, DU B FIT Consulting, a health promotion and planning firm based in rural southwestern Ontario - in Scotland (which is just down the road from Paris!). DU B FIT Consulting works primarily with public sector health related organizations such as public health units, community health centres, social profit organizations such as the Heart and Stroke Foundation, with whom she has been a volunteer for over 25 years, and a variety of community coalitions interested in planning and evaluating effective health promotion strategies. Nancy Dubois brings over 25 years of experience in community-based health promotion to our event. Nancy has worked in municipal recreation, managed a YWCA, and was the Director of one of Ontario's five Heart Health demonstration projects. She has taught in both the college Recreation Leadership program and for many years at York University with the Health Promotion curriculum for 4th year nursing and kinesiology students. She has had the opportunity to shape many national initiatives across Canada such as the Canadian Best Practices Portal, was a founding member of the Chronic Disease Prevention alliance of Canada, was the Chair of Canada's Coalition for Active living for many years and is currently the Chair of the Canadian Fitness and Lifestyle Research Institute. Contact Nancy at 1-519-446-3636 [dubfit@rogers.com](mailto:dubfit@rogers.com) or [www.dubfit.com](http://www.dubfit.com)

**Restore Yourself – Deb Dawson - Dunn**

Deb Dawson-Dunn helps women connect with and listen to their inner wisdom so they can live their lives in alignment with their own unique rhythms. She is an award winning entrepreneur and the Chief Joy Officer of Get It Dunn! She is also a Professional Certified Life Coach, Speaker, Yoga Instructor and Playshop and Retreat Facilitator who is passionate about helping women create lives with more meaning and joy. Her unique focus on personal growth, joy and spiritual practices will support you in living a lighter, more joyful and happier life! Contact Deb at 204-220-0157 [deb@getitdunn.ca](http://deb@getitdunn.ca) or [www.getitdunn.ca](http://www.getitdunn.ca)

## Speakers' Biographies Tues. Nov. 24 Concurrent Sessions

**Physical Literacy and Homemade Play** - Michelle Johnson (see above biography)

**"Vaping – A Made in Manitoba Approach"** - Murray Gibson & Will Cooke

Murray Gibson is the Executive Director of MANTRA. Under his direction, MANTRA (Manitoba Tobacco Reduction Alliance) was formally incorporated as a separate not for profit organization in 2002. MANTRA is committed to being a catalyst and coordinator for tobacco reduction activities. The organization is currently coordinating a PHAC funded project in partnership with the University of Manitoba IPE and Cancer Care Manitoba. The project focuses on building and enhancing the tobacco cessation capacity of health professional interveners. Contact Murray at 204-784-7030 or [mgibson@mantrainc.ca](mailto:mgibson@mantrainc.ca)

Will Cooke has worked in tobacco reduction for the past 6 years. Formerly working at the Canadian Cancer Society and for the past 3 years with MANTRA. Currently Will is leading a project funded by the Public Health Agency of Canada to develop a Community of Practice for people who are TEACH and QUIT trained in tobacco cessation counselling. Contact Will at 204-784-7038 or [wcooke@mantrainc.ca](mailto:wcooke@mantrainc.ca)

**HANS KAI** - Michelle Kirkbride & Mike Sadlowski

Michelle Kirkbride has been coordinator of the NorWest Community Development team for 14 years. Michelle has a Bachelor of Arts from the University of Winnipeg and a keen interest in the relationship between community development and healthcare. Michelle has led the implementation of new programs such as Gilbert Park Going Places, Neighbourhood Settlement, and HANS KAI. This included the recruitment and training of staff in new and untested programs. Contact Michelle at 204-938-5996 [mirkbride@norwestcoop.ca](mailto:mirkbride@norwestcoop.ca)

Mike Sadlowski is a Health Promoter at NorWest Co-op Community Health, offering services based on his background in Kinesiology and Ergonomics. Within his Primary Care role, he assists an array of clients ranging from individuals with chronic health conditions needing specialized programming, to able bodied community members looking for exercise guidance and motivation. As a program lead with the *Hans KAI* program, Mike joins the team in facilitating multiple topics in the *Hans KAI Health School* series for both adults and youth. With the support of the United Way, Mike also speaks publicly across Winnipeg, about the work done at NorWest Co-op Community Health - highlighting many successful accomplishments due to his role within the *Hans KAI* program. Contact Mike at 204-938-5996 or [msadlowski@norwestcoop.ca](mailto:msadlowski@norwestcoop.ca)

**Beyond the Hurt** - James Wigley

James Wigley is a Community Health Facilitator working in a Health Promotions capacity with Prairie Mountain Health based in Swan River MB. Through working with youth in twelve (12) different schools based in seven (7) different communities, two of which are First Nations communities, James knows the challenges our youth and communities face in relation to bullying and harassment. James currently is enrolled in the Business Administration program through McMaster University which includes a large Community Development portion as well as Social Sciences portion. During the summer months he can be found on the golf course and on the ice rink or in the curling rink during the winter months. James has devoted his Health Promotion work to the Mental Wellbeing pillar of HTN and continues to do the majority of his work in Health Promotions focusing on this particular pillar. Contact James at 204-734-6621 or [jwigley@pmh-mb.ca](mailto:jwigley@pmh-mb.ca)

**Keynote - The Forgotten Tool: *The Critical Use of Self in Community Roles*** – Marli Brown

Marli Brown is a Registered Social Worker that owns a private counselling and consulting firm based in rural Manitoba. She has over 20 years experience working in a variety of social work settings, including Mental Health, Child & Family Services, Medicine, and Education. She is the recipient of numerous Resilience and Recovery awards for her own journey of lived experience with mental health symptoms that started in childhood and claimed most her young adult years. After the birth of her second daughter, and a near death experience with suicide, she was faced with the toughest battle she encountered to date; defining, developing, and maintaining her health through authentic recovery instead of illness. That process was the springboard for her to start exploring the unspoken expectations of what "normal" is, and discovering her strength in bringing words to topics that challenge all of us at the deepest levels.

Marli is a wife and mother of three young children, one of whom who been diagnosed with a debilitating, life limiting condition that causes chronic pain. This ignited a new passion in both her personal and professional life, and with a humble, authentic, and humorous approach, she uses her personal and professional experiences as a way to bring awareness for change within ourselves as well as the systems that currently exist. Marli is most known for her down-to-earth language and approach in speaking about topics that are filled with stigma and pain, as she leaves people in the room feeling inspired to create change and to "pay it forward" within their personal/work environments. Contact Marli at [marlim@mymts.net](mailto:marlim@mymts.net) or 204-638-3730 ext.3

**Concurrent Sessions**

**Learning from Community: Collaborating for improved food security and equity outcomes -**

Claire Meiklejohn & Lavonne Harms

Claire Meiklejohn is a Community Facilitator with the WRHA in the downtown area. She collaborates with community agencies to facilitate community driven responses to issues that have an impact on the health of the community and support WRHA colleagues in using a community development lens in their work. Contact Claire at 204-803-9512 or [CMeiklejohn@wrha.mb.ca](mailto:CMeiklejohn@wrha.mb.ca)

Lavonne Harms is a Public Health Dietitian working in the downtown community area with the WRHA. While using a community development and health equity lens, she collaborates with agencies to build nutrition related capacity within their programming. Lavonne has a keen interest in food security and co-chairs the food security working group at the WRHA. Contact Lavonne at 204-791-6484 or [lharms@wrha.mb.ca](mailto:lharms@wrha.mb.ca);

**What is YOUR sharpest tool? Practical Strategies for working in community - Marli Brown**

(see above biography)

**Thrive over 55- Strategies for Mental Health and Well-being** – Karen Kyliuk

Karen has a Bachelor of Social Work degree from the University of Manitoba and 27 years of experience working in the mental health field, with the last 15 years in Mental Health Promotion. Karen has designed and facilitated a variety of staff development curriculums. She is a columnist for Wave magazine, Inspire, and the Winnipeg Free press on mental wellness topics. Karen has been the Project lead for two mental health promotion campaigns "*Enjoy Life More*" and "*Thrive over 55*". Karen is passionate about encouraging people to embrace wellness, develop resilience, and flourish in all areas of life. Contact Karen at 204-330-1555 or [kkyliuk@wrha.mb.ca](mailto:kkyliuk@wrha.mb.ca)

## **Speakers' Biographies - Weds. Nov 25 Concurrent sessions**

### **Community Nutrition Educator Program - Lana Pestaluky & Lavonne Harms**

Lana Pestaluky is a WRHA public health dietitian working in the Seven Oaks and Inkster neighbourhoods. She has been a registered dietitian for 9 years and has worked in Nunavut and several First Nations communities in Manitoba. Lana enjoys collaborating with communities to help populations work towards making positive, sustainable nutrition choices. Contact Lana at 204-470-9231 or [lpestaluky2@wrha.mb.ca](mailto:lpestaluky2@wrha.mb.ca)

Lavonne Harms is a public health dietitian working in the downtown community area with the WRHA. While using a community development and health equity lens, she collaborates with agencies to build nutrition related capacity within their programming. Lavonne has a keen interest in food security and co-chairs the food security working group at the WRHA. Contact Lavonne at 204-791-6484 or [lharms@wrha.mb.ca](mailto:lharms@wrha.mb.ca)

### **Livin' Better Wellness Program - Cheryl Ogaranko & Colleen Tackaberry**

Cheryl Ogaranko is a registered dietitian employed by the Winnipeg Regional Health Authority public health program. Prior to that, she worked in primary care, personal care homes and in the mental health program. Cheryl's goal is to deliver nutrition information with the hope of helping people live healthy and active lives. Contact Cheryl at 204 938 5129 or [cogaranko@wrha.mb.ca](mailto:cogaranko@wrha.mb.ca)

Colleen Tackaberry is the Seniors Resource Coordinator for Transcona and has been in this position for 8 years. She is currently part of the Seniors Resource Finder and Information Hub. Colleen is a Human Ecology graduate from the University of Manitoba with a major in Foods and Nutrition. Livin' It Up has been a great hit with the seniors of Transcona and there have been some noticeable changes in eating habits and activity levels after seniors have participated in the program. Colleen is a grandmother to five wonderful grandchildren. Yoga is her passion. Contact Colleen at 204-222-9879 or [tcs@mymts.net](mailto:tcs@mymts.net)

### **Kids Cooking! - Stacie Buchanan**

Stacie Buchanan is a Registered Dietitian and works as a Community Wellness Facilitator for the Interlake-Eastern Regional Health Authority. Stacie is passionate about teaching nutrition and healthy eating to children and adults. In her spare time she enjoys golfing, biking, practicing yoga and travelling. Contact Stacie at 204-467-4407 or [sbuchanan@ierha.ca](mailto:sbuchanan@ierha.ca)