

CONFERENCE GUIDE



February 24-27 2008
The Banff Centre
Banff Alberta

exploring health & healing

connecting
mind
body
spirit
community



calgary health region
leaders in health - a partner in care

The Calgary Health Region invites you to its 4th Exploring Health and Healing Conference.

Take time to nourish your own mind, body and spirit, and to hear about the latest research and innovations to include in your own practice of wellness.



Conference Planning Committee

Jack Davis
President and CEO
Calgary Health Region

Elaine Danelesko MCE
Director, Integrative Health
Institute at Mount Royal

Jeanine Robinson
Family Medicine
Calgary Health Region

Joanne Stalinski
Conference Director
Senior Vice President, Wellness
Calgary Health Region

Carol Gray
Senior Vice President, Community
Service Development and
Northeast Community Portfolio
Calgary Health Region

Wendy Tink MD
Regional Clinical Department
Head, Family Medicine
Calgary Health Region

Jeffrey Schaefer MSc
MD FRCPC
Conference Co-Director
Clinic for Mind/Body Medicine
Calgary Health Region

Richard Musto MD
Executive Medical Director
Southeast Community Portfolio
Calgary Health Region

John Toews MD
Professor, Department of
Psychiatry, University of Calgary

Lori Anderson
Executive Director, Rural
Health, Calgary Health Region

Mona Pinder MSc
Director, Wellness
Calgary Health Region

Norma Wood
Director, Employee Wellness
Calgary Health Region

Wendy Beauchesne
Director, Communications
Calgary Health Region

Cathy Pryce RN MN
Executive Director, Mental
Health and Addictions
Calgary Health Region

Jacqueline Moffitt
Conference Coordinator
Wellness, Calgary Health Region

Barbara Boyer
Executive Director, CCO
Office, Calgary Health Region

Andrea Robertson
Vice President, South Health
Campus, Calgary Health Region

Lindsay Heintz
Communications Advisor
Calgary Health Region

In Collaboration With



Conference Faculty

Kevin Asbjörnson MIM

Founder and Principal Performing Artist
Inspire! Imagine! Innovate!
Denver Colorado USA

Judy Backlund BN MN RN

Manager, Integrative Medicine, Calgary Health Region
Calgary Alberta Canada

Don Bakal PhD

Co-Director of the Clinic for Mind/Body Medicine
Calgary Alberta Canada

Phil Blustein MD FRCPC

Gastroenterologist, Calgary Health Region
Calgary Alberta Canada

Dawne Clark PhD

Child and Youth Studies, Mount Royal College
Calgary Alberta Canada

Anne Douglas CYT

Certified Yoga Therapist, Holistic
Lifestyle Coach and Reiki Master
Banff Alberta Canada

Reverend Bob Glasgow

Grief Support Program Coordinator
Calgary Health Region
Calgary Alberta Canada

Erminia (Mimi) Guarneri MD FACC ABHM

Cardiologist, Co-Founder and Medical Director
Scripps Center for Integrative Medicine
La Jolla California USA

Nancy Guebert RN BSN MCEd

Vice President, Emergency and Unscheduled Access
to Services, Calgary Health Region
Calgary Alberta Canada

Bastiaan Heemsbergen PhD

Facilitator, Educator, Author and
Corporate Psychologist
Toronto Ontario Canada

Rauni Prittinen King RN BSN HNC CHTP/I

Co-Founder and Director of Programs
Scripps Center for Integrative Medicine
La Jolla California USA

Katharina Knodel

Personal Trainer and Wellness Facilitator
Calgary Alberta Canada

Lynne Lafave PhD

Physical Education and Recreation Studies
Instructor, Mount Royal College
Calgary Alberta Canada

Jane Lemaire MD

Vice Chair, Career Development, Department
of Medicine, and Clinical Professor of Medicine
University of Calgary
Calgary Alberta Canada

Sonia Lupien PhD

Director, Centre for Studies on Human Stress,
Douglas Hospital; Associate Professor, Department
of Psychiatry and Neurology/Neurosurgery, McGill
University
Montreal Quebec Canada

Nick Nissley EdD

Executive Director, Leadership Development
The Banff Centre
Banff Alberta Canada

Mona Pinder MSc

Director, Wellness Portfolio
Calgary Health Region
Calgary Alberta Canada

Stephen Post PhD

Professor and Associate Director for Educational
Program, Department of Bioethics, School of
Medicine, Case Western Reserve University
Cleveland Ohio USA

Geoff Powter MSc

Clinical Psychologist, Adventurer, Writer
Canmore Alberta Canada

Lorie G. Pulliam BPE MA

Kinesiologist and President of Optimal
Health Consulting
Calgary Alberta Canada

Badri Rickhi MB BS FRCPC

Associate Clinical Professor of Medicine, University of
Calgary; Research Chair, Canadian Institute of Natural
and Integrative Medicine, University of Calgary
Calgary Alberta Canada

Jeffrey Schaefer MSc MD FRCPC

Co-Director, Clinic for Mind/Body Medicine
Calgary Health Region
Calgary Alberta Canada

Don Schopflochler PhD

Director of Research and Operations
Institute of Health Economics
Edmonton Alberta Canada

Alan Shiell PhD

Professor of Health Economics and AHFMR Health
Scientist, Population Health Intervention Research
Centre, University of Calgary
Calgary Alberta Canada

Chin Hock Tan

Certified and Qualified Instructor in
Martial Arts and Self-Defense
Calgary Alberta Canada

John Toews MD

Professor, Department of Psychiatry
University of Calgary
Calgary Alberta Canada

Jean Wallace PhD

Associate Professor of Sociology
University of Calgary
Calgary Alberta Canada



Renewal Sessions

*Feel energized to begin your conference day.
Choose from the following activities.*

Mountain Peace

Anne Douglas

Yoga as a Preventative Practice

Daily 7:00 am and 8:00 am

Start your day with a transformative combination of dialogue, breath and meditative awareness techniques.

Mountain Waters

Lorie G. Pulliam

Healing Waters

Daily 7:00 am and 8:00 am

Experience how this unique form of warm water exercise enhances mobility, strength and relaxation.

Mountain Moves

Master Chin Hock Tan

Qi Gong

Daily 7:00 am and 8:00 am

Inspire your body and mind with rhythmical stretching, breathing and meditative postures that balance your internal energy.

Mountain Tranquility

Each morning, we offer a different form of meditation.

Phil Blustein MD

Mindfulness Meditation

Monday February 25 7:00 am and 8:00 am

Relax the body. Quiet the mind. Come to a place of stillness.

Badri Rickhi MB

Rejuvenation Meditation

Tuesday February 26 7:00 am and 8:00 am

Stimulate the flow of energy for a refreshing day. Warm your spirit with a combination of breathing, meditation and movement.

Katharina Knodel

Flow Meditation

Wednesday February 27 7:00 am and 8:00 am

Instill a new awareness of your body and each of its parts. Align your emotions and energies towards harmony and balance.

Sunday February 24

Bastiaan Heemsbergen PhD
Habits of Mind and Mindful Practices
Sunday February 24 8:00 pm

What is mindfulness? How does it fit into your personal and professional well-being? Dr. Heemsbergen draws on his expertise in psychology, the artistic process, leadership, and innovation to illuminate the concept of mindfulness and its potential to impact both your personal and professional wellness practices.

Monday February 25

Stephen Post PhD
It's Good to Be Good: Promoting Health and Wellness
Monday February 25 9:30 am

Dr. Post has been making headlines by funding studies to prove once and for all the life-enhancing benefits of caring, kindness and compassion. Exciting research indicates that if we embrace an attitude of giving – especially from a young age – we positively influence everything from our physical health to self-realization. Dr. Post sheds light on the emerging science of love and giving and its potential to help unlock the doors to health, happiness and a longer life.

Erminia (Mimi) Guarneri MD
Integrative Medicine in Healthcare: Best Practices
Monday February 25 11:00 am

Dr. Guarneri is the Co-Founder and Medical Director of the Scripps Center for Integrative Medicine and the Chair of the Bravewell Collaborative. She is board certified in cardiology, internal medicine, nuclear cardiology, and holistic medicine. Dr. Guarneri will shed light on the latest innovations and best practices from leading wellness centres across North America.

Sonia Lupien PhD
Stress: If You Can Measure It, You Can Manage It
Monday February 25 1:30 pm and 3:00 pm

Dr. Lupien will provide you with the most up-to-date information on new measures of physiological responses to stress. Discover the growing study of 'allostatic load', which refers in part to the wear and tear of chronic stress and poor health behaviours on the body. New methods of measuring allostatic load may offer physicians and patients more effective tools to identify chronic stress and address its effect on their daily lives.

Session Descriptions

Erminia (Mimi) Guarneri MD
Open Heart, Open Mind: Cultivating Peace
Monday February 25 1:30 pm and 3:00 pm
Although Dr. Guarneri uses state-of-the-art cardiac imaging technology to aggressively prevent, diagnose and treat heart disease, she also integrates a lifestyle change program into her patient care. In this session, Dr. Guarneri will guide you through integrative health techniques such as meditation and relaxation.

Rauni Prittinen King RN
The Touch that Heals
Monday February 25 1:30 pm and 3:00 pm
Expand your understanding of the power and place of healing touch. Rauni Prittinen King, Co-Founder and Director of Programs and Planning for the Scripps Center for Integrative Medicine, will explore the evidence for healing through touch.

John Toews MD and Reverend Bob Glasgow
Health Care for the Soul
Monday February 25 1:30 pm and 3:00 pm
Spirituality reveals what exists deepest within us. Not only does it enrich our lives with meaning, but it also influences our experience of and attitude toward work. In this session, Dr. Toews and Reverend Glasgow will review the findings of a Calgary Health Region pilot project and the place of spirituality in health care. Participants will identify ways to incorporate the principles learned from this project into their workplaces and work lives.

Living Like Leonardo da Vinci
Monday February 25 8:00 pm
The Banff Leadership Arts Ensemble will present a dynamic series of short vignettes to highlight the spirit of inquiry and the art of living as demonstrated by the extraordinary, inventive and prophetic Leonardo da Vinci.

Tuesday February 26

Sonia Lupien PhD

Boost your Memory Performance

Tuesday February 26 9:30 am

Do you think that memory declines irreversibly as we age? Not necessarily! You will be invited to participate in short memory experiments that demonstrate research findings related to the nature and function of memory performance.

Dawne Clark PhD (Moderator)

It Takes a Village: Real Wellness for Real Families

Tuesday February 26 11:00 am

This workshop will feature a panel discussion about the compelling evidence and interventions from two components of the unique Calgary Children's Initiative. Findings from the Community Perinatal Care Study and the Calgary Learning Village Collaborative will give you new insight into what really makes a difference when preparing our children and families for a life of success.

Lynne Lafave PhD

The Nutrition Stress Connection

Tuesday February 26 11:00 am

This session will explore nutritional coping strategies by looking at "Foods to Limit" and "Foods for Focus." Dr. Lafave will introduce an evidence-based premise for the relationship between nutrients and stress. She will also examine the phenomenon of popularized "super foods" and how we include them in our pursuit of better stress management.

Jane Lemaire MD and Jean Wallace PhD

Visions for Change: Physician Wellness Through the Eyes of Doctors, Their Families and the 'Experts'

Tuesday February 26 11:00 am

Based on their research within the Calgary Health Region, Dr. Wallace and Dr. Lemaire will facilitate a workshop about the integration of physician wellness into the culture of medicine. Their presentation incorporates insight and opinions from both physicians and external sources such as spouses and wellness experts. They will also explore the role of the public and governing agencies in supporting physician wellness and recognizing its importance in quality patient care.

Nick Nissley EdD and Bastiaan Heemsbergen PhD

Know Thy Story: The Power of Story in Health and Wellness

Tuesday February 26 11:00 am and 3:00 pm

This 90-minute, highly interactive workshop will engage those delegates who are curious about the power of storytelling in making sense of our personal and organizational lives. This narrative approach to wellness will enable participants to reclaim personal experiences and empower their lives through 'restoration.'

Kevin Asbjörnson MIM

Wellness as a Performing Art

Tuesday February 26 1:30 pm and 3:00 pm

We are all born wired for music. Explore your personal potential by joining in on this uplifting experience. Equal parts fun and dynamic, this experiential workshop leverages the language and elements of music to enhance well-being and creativity. And best of all: no musical talent required!

Jeffrey Schaefer MD and Don Bakal PhD

Where is the Mind Anyway?

Tuesday February 26 1:30 pm and 3:00 pm

This workshop will outline the philosophy and treatment approach of the Clinic for Mind/Body Medicine. The Clinic has developed a unique protocol to understand and manage symptoms that are "medically unexplained." Dr. Schaefer and Dr. Bakal will show how the Clinic's team supports clients to harness the body's inner healing capacity. Learn and practice the next level of innovation within the Clinic: a technique called "Breath in Motion."

John Toews MD and Badri Rickhi MB

Is Spirituality an Antidote to Depression?

Tuesday February 26 1:30 pm and 3:00 pm

Depression. Is it a chemical imbalance best treated with medication? Or is spirituality part of the puzzle? The findings of recent Calgary studies will act as a starting point for meaningful dialogue about how we can view depression through a spiritual lens.

Katharina Knodel

Don't Wait to Lift Weight

Tuesday February 26 1:30 pm

Adding resistance exercise to your regime does not mean you have to bench press or dead lift your body weight. The current multitude of choices and specialized programs can make the effective use of weights seem overwhelming and intimidating. This workshop will demonstrate proper form and posture, as well as introduce options that you can try at home or in the gym to allow you to complement your health and fitness goals.

Geoff Powter MSc

The Fine Line Between Adventure and Madness

Tuesday February 26 8:00 pm

Author, psychologist and mountaineer, Geoff Powter brings us into the world of extreme adventurers to entertain us, astound us and reflect upon the allure of risk and adventure in our culture and in our lives.

Reel Mountain Adventures

Short Films from The Banff Mountain Film Festival

Tuesday February 26 8:00 pm

Whether you are an experienced mountain athlete, an art house enthusiast or an armchair adventurer, this series of diverse films from the world-renowned Banff Mountain Film Festival will inspire you with an exciting mix of outdoor activities, culture and environment.

Aboriginal Elder

Stories from the Meeting of the Three Valleys

Tuesday February 26 8:00 pm

Spend an evening of open space dialogue with an Aboriginal Elder discussing spirituality, wellness and well-being.

Wednesday February 27

Nancy Guebert RN and Judy Backlund RN

Demystifying Guided Imagery: Put it Into

Practice and Experience its Power

Wednesday February 27 9:30 am

Experience the energy of guided imagery and the potential benefits it can provide to daily health and wellness practices. You will have the opportunity to hear stories of those who have used guided imagery in their personal and professional lives.

Sonia Lupien PhD

Early Life Stress and Brain Development: Transforming Pathways from Irreversible to Reversible

Wednesday February 27 9:30 am

Dr. Lupien will examine the impact of early life adversity on brain development and adult stress syndrome. Learn how we can act proactively and positively in order to prevent or reduce the negative impact of stressors associated with adverse early childhood experiences.

Don Schopflochler PhD and Mona Pinder MSc

Measuring and Minding Wellness and Happiness

Wednesday February 27 9:30 am

Though you are probably aware of the explosion of literature on the roots of happiness, you may not know that Alberta is the scene of exciting new research in this area. The presenters will facilitate an interactive dialogue about the findings from national population health surveys that paint a fascinating picture of the connection between our healthy behaviour choices, our level of happiness and our perceived state of health.

Alan Shiell PhD

EcoEUFORIA: Economic Evaluation of Using

Urban Form to Increase Activity

Wednesday February 27 9:30 am

What is the relationship between the built environment and physical activity in our communities? What might be the costs and benefits of designing walkable areas or making existing neighbourhoods more walkable? Dr. Shiell presents new research that highlights the relationship between the built environment and health. He also discusses some of the economic implications for the people of Calgary.

Kevin Asbjörnson MIM

Practicing Wellness within a Circle of Influence

Wednesday February 27 11:00 am

Our closing event will apply music and creativity as a background for inspiration as we go forward with our own wellness practices



Program At-A-Glance

Renewal Sessions

7:00 am – 7:45 am repeating at 8:00 am – 8:45 am	<p>Mountain Peace Anne Douglas Yoga as a Preventative Practice</p> <p>Mountain Waters Lorie G. Pulliam Healing Waters</p> <p>Mountain Moves Master Chin Hock Tan Qi Gong</p> <p>Mountain Tranquility Monday - Phil Blustein Mindfulness Meditation Tuesday - Badri Rickhi Rejuvenation Meditation Wednesday - Katharina Knodel Flow Meditation</p>
--	--

Sunday February 24

4:00 pm – 5:45 pm	<p>Conference Check-In and Welcome Reception</p>
6:00 pm	<p>Welcome Dinner Aboriginal Blessing and Welcome</p>
7:55 pm	<p>Conference Welcome Address</p>
8:00 pm	<p>Bastiaan Heemsbergen Habits of Mind and Mindful Practices</p>

Monday February 25

6:30 am – 9:30 am	<p>Breakfast <i>Morning Renewals 7:00 am – 7:45 am repeating at 8:00 am – 8:45 am</i></p>
9:30 am – 10:30 am	<p>Plenary Sessions Stephen Post It's Good to Be Good: Promoting Health and Wellness</p>
10:30 am – 11:00 am	<p>Nutrition Break</p>
11:00 am – 12:00 pm	<p>Erminia (Mimi) Guarneri Integrative Medicine in Health Care: Best Practices</p>
12:00 pm – 1:30 pm	<p>Lunch</p>
1:30 pm – 2:30 pm repeating at 3:00 pm – 4:00 pm	<p>Afternoon Workshops Sonia Lupien Stress: If You Can Measure It, You Can Manage It Erminia (Mimi) Guarneri Open Heart, Open Mind: Cultivating Peace Rauni Prittinen King The Touch that Heals John Toews and Reverend Bob Glasgow Health Care for the Soul</p>
2:30 pm – 3:00 pm	<p>Nutrition Break</p>
6:00 pm – 7:45 pm	<p>Dinner</p>
8:00 pm – 9:00 pm	<p>Living Like Leonardo da Vinci</p>

Tuesday February 26

6:30 am – 9:30 am Breakfast

Morning Renewals 7:00 am – 7:45 am repeating at 8:00 am – 8:45 am

Plenary Session

9:30 am - 10:30 am
Sonia Lupien
Boost Your Memory Performance

10:30 am – 11:00 am Nutrition Break

Morning Workshops Dawne Clark
11:00 am – 12:00 pm
It Takes a Village: Real Wellness for Real Families
Lynne Lafave
The Nutrition Stress Connection
Jane Lemaire and Jean Wallace
Visions for Change: Physician Wellness
Through the Eyes of Doctors, Their Families and the 'Experts'

11:00 am – 12:30 pm
(90-minute session)
Nick Nissley and Bastiaan Heemsbergen
Know Thy Story: The Power of Story in Health and Wellness

12:00 pm – 1:30 pm Lunch

Afternoon Workshops Kevin Asbjörnson
1:30 pm – 2:30 pm
Wellness as a Performing Art
repeating at
3:00 pm – 4:00 pm
Jeffrey Schaefer and Don Bakal
Where is the Mind Anyway?
John Toews and Badri Rickhi
Is Spirituality an Antidote to Depression?

1:30 pm – 2:30 pm
Katharina Knodel
Don't Wait to Lift Weight

3:00 pm to 4:30 pm
(90-minute session)
Nick Nissley and Bastiaan Heemsbergen
Know Thy Story: The Power of Story in Health and Wellness

2:30 pm – 3:00 pm Nutrition Break

6:00 pm – 7:45 pm Dinner

Choice of Events
8:00 pm – 9:00 pm
Geoff Powter
The Fine Line Between Adventure and Madness
Reel Mountain Adventures
Short films from The Banff Mountain Film Festival
Aboriginal Elder
Stories from the Meeting of the Three Valleys

Wednesday February 27

6:30 am – 9:30 am Breakfast

Morning Renewals 7:00 am – 7:45 am repeating at 8:00 am – 8:45 am

Morning Workshops Nancy Guebert and Judy Backlund
9:30 am – 10:30 am
Demystifying Guided Imagery: Put it Into Practice and Experience its Power
Sonia Lupien
Early Life Stress and Brain Development: Transforming Pathways from Irreversible to Reversible
Don Schopflocher and Mona Pinder
Measuring and Minding Wellness and Happiness
Alan Shiell
EcoEUFORIA: Economic Evaluation of Using Urban Form to Increase Activity

10:30 am – 11:00 am Nutrition Break

Closing Plenary Kevin Asbjörnson
11:00 am – 12:00 pm
Practicing Wellness within a Circle of Influence

12:00 pm
Closing Remarks

12:15 pm Boxed Lunch

The Banff Centre sits on the side of Sleeping Buffalo Mountain. Aboriginal people have used this valley for generations as a gathering place for ceremonies and spiritual purposes. Join us for an experience of winter wellness in a centre of beauty, inspiration and adventure.



Accommodation

Please note: Delegates are responsible for booking and paying their own accommodation.

The Banff Centre is the host site for the 2008 Exploring Health and Healing Conference. Delegates are responsible for booking and paying their own accommodations by calling **The Banff Centre Reservations, 1.800.884.7574**. Please ask for the **Exploring Health and Healing Conference Rate**. Book early! Accommodations are available on a first-come, first-served basis at a reduced rate until January 11 2008. After this date, the reduced conference rate will not be available.

The newly renovated Banff Centre boasts over 400 guest rooms located in the magnificent setting of the Canadian Rockies. The Professional Development Centre Superior Rooms feature stone fireplaces, pine timbers and unique Alberta handcrafted furniture. Lloyd Hall's newly-renovated Standard Rooms also offer comfortable accommodations. Both the Professional Development Centre and Lloyd Hall have expansive windows that allow guests to experience and enjoy the full beauty of The Banff Centre's natural setting.

Accommodation check-in is located in the Professional Development Centre. Check-in time is 4:00 pm.

Conference Rates:

Professional Development Centre – Superior Room
 \$132.00 / night single occupancy
 \$139.00 / night double occupancy
 \$166.00 / night triple occupancy
 \$193.00 / night quad occupancy

Lloyd Hall – Standard Room
 \$112.00 / night single occupancy
 \$119.00 / night double occupancy
 \$146.00 / night triple occupancy
 \$173.00 / night quad occupancy

Rates are in Canadian dollars and are subject to 6% GST, 2% Tourism Improvement Fee and 4% Provincial Tourism Levy. Your rate includes: nightly accommodation, a service charge gratuity of \$7 per person per night, on-site parking and access to the Sally Borden Fitness and Recreation Facility.

Cancellation Policy: If cancellation occurs within 48 hours of arrival, you will be charged the cost of one night's accommodation and tax.

Registration Form

To register, complete both sides of this form and fax or mail with payment to:

Fax: 403.943.1163
Phone: 403.943.1100
Email: ehh.conference@calgaryhealthregion.ca

Address: Calgary Health Region - Wellness Portfolio
EHH Conference Coordinator
10101 Southport Road SW
Calgary Alberta Canada T2W 3N2

Register by October 31 2007 to qualify for one of our early-bird draw prizes.

Conference Registration: \$680.00 (Please Note: Accommodation is a separate cost)

Conference registration includes the welcome reception, all conference plenary sessions, workshops, morning renewals and planned evening sessions. Your registration also includes a full conference meal package (3 breakfasts, 3 lunches, 5 nutrition breaks, and 3 dinners). Full day meal packages are available for your guest(s) for a fee of \$100 per person per day. Guests wishing to attend any sessions or workshops must register as a conference delegate.

Accommodation Reservations

The Banff Centre is the host site for the 2008 Exploring Health and Healing Conference. Delegates are responsible for booking and paying their own accommodations by calling **The Banff Centre Reservations, 1.800.884.7574**. Please ask for the **Exploring Health and Healing Conference Rate**. Book early! Accommodations are available on a first-come, first-served basis at a reduced rate until January 11 2008. After this date, the reduced conference rate will not be available.

General Information (please print)

Last Name First Name
(As it will appear on your conference badge)

Title/Position Organization

Mailing Address

City Province Postal Code

Phone Fax

Email

Dietary Requirements

Accessibility Needs

Name of Guest(s)
(Required if you are purchasing a meal package in order to bring a guest to any of the meals.)

Please visit our website for information on Continuing Medical Education Credits: www.ehh2008.ca

Registration Form

Method of Payment: (please do not send cash)

Cheque (payable to Calgary Health Region)
 Visa
 MasterCard
 AMEX
 CHR Inter department Transfer

_____ x \$680 (CAD) = _____ Conference registration
 _____ x \$100 (CAD) = _____ Guest meal package
 Total Conference Charges _____ (CAD)

Card number Expiry date

Name of cardholder Total charges on credit card

Authorizing Signature

Full payment is required before registration can be confirmed. A confirmation letter will be issued upon receipt of registration form and full payment.

Cancellation and Refund Policy

If cancellation is received in writing before January 11 2008, the conference tuition fee is refundable, less a \$200 processing fee. No refunds will be processed after January 11 2008. For Calgary Health Region employees, \$300 will be charged to functional centres for no-shows.

As space is limited for some sessions, please indicate which sessions you prefer to attend.

Monday February 25 – Afternoon – Concurrent 1:30 pm and 3:00 pm

Please select a 1:30 pm session and a 3:00 pm session

Sonia Lupien	1:30 pm ___	3:00 pm ___
Erminia (Mimi) Guarneri	1:30 pm ___	3:00 pm ___
Rauni Prittinen King	1:30 pm ___	3:00 pm ___
John Toews and Reverend Bob Glasgow	1:30 pm ___	3:00 pm ___

Tuesday February 26 – Afternoon – Concurrent 1:30 pm and 3:00 pm

Please select a 1:30 pm session and a 3:00 pm session

Kevin Asbjörnson	1:30 pm ___	3:00 pm ___
Jeffrey Schaefer and Don Bakal	1:30 pm ___	3:00 pm ___
John Toews and Badri Rickhi	1:30 pm ___	3:00 pm ___
Katharina Knodel	1:30 pm ___	(1:30 pm only)
Nick Nissley and Bastiaan Heemsbergen	(3:00 pm only)	3:00 pm ___

Tuesday February 26 – Morning 11:00 am

Please select one session

Dawne Clark	11:00 am ___
Lynne Lafave	11:00 am ___
Jane Lemaire and Jean Wallace	11:00 am ___
Nick Nissley and Bastiaan Heemsbergen	11:00 am ___

Wednesday February 27 – Morning 9:30 am

Please select one session

Nancy Guebert and Judy Backlund	9:30 am ___
Sonia Lupien	9:30 am ___
Don Schopflochler and Mona Pinder	9:30 am ___
Alan Shiell	9:30 am ___

How Did You Hear About Us?

EHH Save the Date Card
 EHH Brochure
 Referred by friend or colleague
 Internet Search
 Attended Past Conference – indicate which year(s)
 Other