



2017 Women's Conference Break-out Sessions

NOTE: Activity-based sessions (Yoga for the Soul, ABSolutely BOOTYful, You Should be Dancin', and K-Fit Women's Self-Defence), involve physical activity at varying intensities. Please bring a water bottle/towel and wear loose/comfortable clothing.

Session 1 (choose one of the following sessions)		
9:45 am – 10:40 am (followed by 20 minute refreshment/networking break)		
<p>"Yoga for the Soul" Beverly Quail (Natural High – Exercise Studio)</p>	<p>"Anger: Your Key to being Assertive" Alisen Dopf (Community Room)</p>	<p>"Angel Empowerment to Reduce & Manage Stress" Heather Driedger (Lecture Room)</p>
<p>Start your women's conference morning off right with a gentle and relaxed yoga session, allowing yourself to experience a new activity, or one that you love doing! Join Town of Okotoks instructor Beverly Quail, as you listen to your body, let go and embrace the connection between body and soul!</p>	<p>You know what it feels like to "lose it" and it's NOT fun! As the most misunderstood emotion, anger gets a bad rap. What if you used your anger to become a more assertive, confident person? Join Alisen on an exploration of your "anger style", plus learn how to set and manage your boundaries to get the results you need! You'll also learn how to handle pressure situations, and to manage other people who "lose it" on you!</p>	<p>Are you feeling stressed and seeking more joy and peace in your life? Come learn how to work with your Angelic Team and be empowered to take control and ownership of your own stress levels. When you connect and work with your Angelic Team you will be in a more calm and relaxed state for a healthier and happier you.</p>
Session 2 (choose one of the following sessions)		
11:00 am – 11:55 am (followed by 20 minute refreshment/networking break)		
<p>"ABSolutely BOOTYful" Sarah Jessup (Natural High – Exercise Studio)</p>	<p>"Physio Approach to Pelvic Floor Dysfunction" Leona Ham (Lecture Room)</p>	<p>"Fuel for Your Brain: Nutrient-Dense Options for Enhanced Clarity" Jennifer Mallamo (Community Room)</p>
<p>Kick it up a notch and get ready to tighten and tone your abs and booty! Using both equipment and your own body weight, this fun, strength-based session will incorporate effective exercises for these "tricky" areas and leave you feeling energized to take on the rest of the day!</p>	<p>Physiotherapists treating women with pelvic floor dysfunction see women with symptoms of pelvic pain, incontinence of the bowel or bladder, pelvic organ prolapse, chronic constipation or loose bowel movements. The pelvic floor muscles are also known as "the Kegel muscles", and like all muscles, these too can be strained, short and tight, or long and weak. Leona will lead you through a presentation that shows you how you can make a difference to your Kegel muscles.</p>	<p>You know that foggy feeling when you just can't concentrate? Need another coffee, and just want your brain to perform better? What you put in your belly has a direct impact on what you get from your brain. Why should you think about regulating your blood sugar? What impact does gluten have on your brain? These questions and many more will be answered in this interactive session that involves CHOCOLATE! Sample delicious treats you would never guess are good for your brain while learning how to harness the power of nutrition in your everyday life!</p>
<p>12:15 pm – 12:45 pm ***LUNCH AND NETWORKING***</p>		

Session 3 (choose one of the following sessions)

12:45 pm – 1:40 pm (followed by 20 minute refreshment/networking break)

<p>“You Should be Dancin’!” Vivienne Nicol-Lord (Natural High – Exercise Studio)</p>	<p>“Healthy Relationships Through Life Stages” Ashley Dreger (Community Room)</p>	<p>“Walk a Mile in Their Shoes – Experience Dementia First-hand” Jennifer Mallamo (Lecture Room)</p>
<p>Looking for a fun afternoon of movement and music? Engage your mind and body in this great musical workout as you are skillfully lead through a relaxed, moderately-paced sampling of popular line dances with easy-to-follow steps. You’ll dance to Classic and Hot Country music, laced with a little light Latino! Come with the attitude and heart to learn, and free yourself to experience something new! No experience necessary!</p>	<p>This session will focus on the importance of maintaining healthy relationships through different stages of life. The session will provide information on the ways to ensure your relationships stay strong, help develop skills to stay connected, and keep your social network, or create a new social network, as life circumstances change.</p>	<p>Have you ever wanted to “get inside someone’s head”? Are you close to someone dealing with dementia? Learn more about the struggles facing those with dementia in this interactive learning session. Prepare to “walk a mile in their shoes” by experiencing common symptoms of dementia. Walk away (in your own shoes) with enhanced knowledge, and how you can make a difference on both a personal and community level. Check out the “age suit” which simulates age-related changes including reduced vision and changes to gait and grip ability.</p>

Session 4 (choose one of the following sessions)

2:00 – 2:55 pm (followed by 20 minute refreshment/networking break)

<p>“K-Fit Women’s Self Defence” Ami Carrigan-Smith (Natural High – Exercise Studio)</p>	<p>“Organizing through Life’s Transitions” Robin Platz (Lecture Room)</p>	<p>“Locally Inspired Comfort Food” Darren Nixon (Community Room)</p>
<p>Finish the day off with a KICK! This martial-arts inspired session will take you through a fun, energizing workout introducing kick/punch/strength elements, as well as introduce self-defence moves. Adaptable to varying fitness levels, this final break-out session of the day will ENGAGE, ENERGIZE and EMPOWER!</p>	<p>When significant life events happen, we can quickly lose balance. Staying organized is one way to navigate the ups and downs a little easier. Join local business owner and professional organizer, Robin Platz, as she shares ways to stay organized in your life during these challenging times.</p>	<p>Join Chef Darren Nixon to see how local and seasonal fair can feed your soul and satisfy your appetite. See how local ingredients come together in an aromatic and comforting dish. Samples, inspired foodie conversation and recipes are included in this session.</p>