

Hello to our valued clients and friends!

We are excited to share with you news of our first annual **HerSelfFirst** Women's Health conference!

*Kamloops Active Health* and *Runclub* have joined forces to bring you a day of information, inspiration and motivation for you health. This conference will assist women in gaining the knowledge to improve their health through physical, nutritional and complementary medicine avenues. This fantastic event takes place on **Saturday, JANUARY 12th, 2013 from 9am-3:15pm at Ladies Only gym**. The day will provide eight 50min seminars by professionals in their area of expertise. Your hardest decision will be choosing which 4 seminars to take!

The investment per participant is \$125, and includes a sweet **HerSelfFirst** tshirt, 4 sessions, lunch, and snacks.

The day's proposed agenda is:

<b>9:00-10:00am</b>	<b>opening and group run or walk lead by Jo Berry, coffee/snack.</b>
<b>10:00-10:50</b>	<b>session 1</b>
<b>11:00-11:50</b>	<b>session 2</b>
<b>11:50-1:00</b>	<b>Lunch (provided) and Pilates with <i>Evolve Pilates</i></b>
<b>1:00-1:50</b>	<b>session 3</b>
<b>2:00-2:50</b>	<b>session 4</b>
<b>2:50-3:15pm</b>	<b>Wrap up.</b>

Space is limited, so early registration is recommended. Come and spend the day with some of Kamloops most knowledgeable, and inspirational women!

**Registration forms** can be downloaded from [www.kamloopsactivehealth.ca](http://www.kamloopsactivehealth.ca) , [www.runclub.ca](http://www.runclub.ca), or from our Facebook page at <http://www.facebook.com/HerSelfFirstKamloops> . Then please mail or drop off along with your cash/cheque (payable to Kamloops Active Health) to 865 Seymour St. Kamloops, BC, V2C 2H6. See below for a brief synopsis of each seminar. **There will be an early bird draw for one free registration to HerSelfFirst for anyone who registers on or before Dec. 15th.**

We are SO excited to have so many amazing professional women in Kamloops that have helped us create an amazing annual event. We hope to grow this Women's Health Conference, inspiring women this year and in the years to come!

## **HERSELF FIRST SPEAKERS:**

MORNING:

### **1. Shawn Wenger, Personal Trainer & Fitness Instructor**

*Muscle for Runners... Strength, Core & Flexibility* – these three components can help runners avoid injury and stay stronger for trail and road running alike. This session will give you some specific exercises to keep you running smart.

### **2. Rhonda Eden, Holistic Nutritionist & Personal Trainer**

*Session 1: "Heart Healthy Nutrition"*

Nutrition plays a key role in the prevention of cardiovascular disease, both with food choices and how we orchestrate out meals and snacks throughout the day. Rhonda will touch on the basics of nutrition along with some heart healthy tips to increase your fiber, help to keep your cholesterol in check, and to ensure your body is getting all its nutrition needs.

### Session 2: "Disordered Eating – An Epidemic?"

"Disordered eating" includes behaviors such as dieting, restriction of calories, and eating with no body awareness. Rhonda will touch on the various forms of "disordered eating," how to recognize disordered eating, and how to set goals to make positive changes to your relationship with food and create a positive lifestyle around your diet.

### 3. Melissa Bradwell, Naturopathic Physician

*'THE HORMONE PUZZLE; Finding that missing piece'*

Are you suffering from feelings of fatigue, unexplained cravings, poor sleep, menstrual irregularities, infertility, menopause, low sex drive, inability to cope or a tendency to gain and/or inability to lose weight? If you answered 'yes' to any of these symptoms, your hormones could need balancing. Come learn which hormones are responsible for what and how you can get started feeling like you again.

### 4. Holly Eburne, Physical Therapist & Personal Coach

*Hurry Up and Slow Down for Better Health, Happiness, and Relationships*

Are you ready to have more energy, patience, and calm in your life? This interactive talk is for women who are juggling too many balls in the air, and are getting sick and tired (figuratively and literally) of the hectic pace. Hurry Up and Slow Down is full of simple tools on how to switch off the adrenal 'stress' hormone and turn on the oxytocin 'ease' button for better health, happiness, and relationships.

### LUNCH HOUR:

#### Cassie Marchuk, Evolve Pilates Studio

*Dynamic Posture with Pilates*

Do you have good posture? What is good posture? Poor posture affects the spine, muscles, organs, and even your energy & breathing! In this class participants will learn where their body is in space and how postural issues may be affecting their good health. Myofascial release techniques will be used for the shoulders and hips to increase relaxation and bring the body back into its natural state to encourage postural improvement.

### AFTERNOON:

#### 1. Sabrina Sinclair, Personal Trainer & Fitness Instructor

Join Sabrina for an energizing Boot Camp workout combining various fitness styles including resistance training, partner drills & Zumba just to name a few. Bring a friend and enjoy some girl time while getting an awesome workout.

#### 2. Dr. Sarah Brise, Dr. Stephanie Hutchins and Dr. Laura McCall - Chiropractors

During this session you will learn more about Chiropractic care, what conditions we can treat, how we treat them and how the chiropractors at Kamloops Active Health are different. You will learn about the causes and treatment of low back, hip, knee and ankle problems (with examples relating to running and sports).

#### 3. Brittany Seibert, Registered Massage Therapist

*What is stress?* Many of us have used this word at one point in our lives to describe how we are feeling. But do we really understand the mechanism of it and how it can affect us physiologically? During this 50min presentation Brittany Seibert, RMT will explain the link between stress and illness/disorders and how Massage Therapy can help treat the effects.

#### 4. Val Theroux, Clinical Counsellor

*Relaxation through Pilgrimage Meditation*

(please bring a blanket and pillow)

Val is a Registered Clinical Counsellor and Pilgrimage Facilitator, who will lead us through a Guided Visualization Meditation based on UK travels for relaxation and inspiration.