

Conference At a Glance

Friday, October 17 and
Saturday, October 18, 2003
Hugh John Flemming Forestry Complex
1350 Regent Street, Fredericton N.B.
E3B 5H1

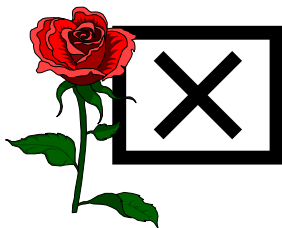
Friday Evening

7:30 pm Opening Remarks
8:00 pm Keynote Speaker *Dr. Elaine Dembe*

Saturday

8:00 am Coffee and Registration
8:45 am Welcome / Introduction
9:30 am Workshop Presentations A1-A8
10:30 am Break
11:00 am Workshop Presentations B1-B7
12:30 pm Lunch (included in fee)
1:45 pm Workshop Presentations C1-C8
3:00 pm Keynote Speaker *Elizabeth Weir*
3:45 pm Closing Remarks

NOTE: Individuals with special needs - please notify us in advance with any requirements you may have. We will try to accommodate wherever possible.



Scent Free Conference
No Perfumes Please

New Brunswick's 14th Annual
Conference on Women's
Health and Well Being
presents

Nurturing Ourselves 2003

OCTOBER 17 & 18
Fredericton, New Brunswick

Tools For Life



PRESENTED BY THE UNIVERSITY OF NEW
BRUNSWICK FACULTY OF NURSING AND
COLLEGE OF EXTENDED LEARNING
*Our day and a half gathering will help women
acquire the tools and direction to move forward
on their journey to personal success.*

Nurturing Ourselves 2003 - Tools for
Life www.unbf.ca/nursing

Our Presenters Women of Wisdom

All our presenters are women of substance; women who have learned life's lessons, shared their experiences with others and grown strong on their own career paths. Come listen, learn and play with them as you create and keep your own Tools For Life.

*The 10 most important two letter words are:
"If it is to be, it is up to me"*

Our Major Sponsors

New Brunswick Department of Family and
Community Services
New Brunswick Department of Health and
Wellness
6 Colour Copy & Printing

Accommodations

Fredericton Inn, 1315 Regent Street. 455-1430
\$85.00/single; \$95.00/double
City Motel, 1216 Regent Street, 450-9900
\$79.00/room (1-4 people)

Exhibits!

View our informative display tables
throughout the day.

Nurturing Ourselves 2003 - Tools for
Life www.unbf.ca/nursing

**Pre-Registration
Deadline 12 noon
Thursday, October 16, 2003
Registration Form CSPC 1407**

Name	
Address	
City	Postal Code
Work Phone	Home Phone
Fax	E-Mail
SIN No. or Student No.	Date of Birth
(required by UNB registration system)	

Fees

(includes access to keynote speakers,
workshops, refreshments and lunch)
 \$ 60 \$ 40 student /senior

Method of Payment

Cheque (payable to University of New
Brunswick)
 Cash Scholarship
 Visa MasterCard

Credit Card # Expiry date

Signature

Fax or mail your registration form to :
University of New Brunswick
College of Extended Learning
6 Duffie Drive, P.O.Box 4400,
Fredericton, N.B. E3B 5A3
Phone: (506) 458-7614 Fax: (506) 453-3572
e-mail: extend@unb.ca

Scholarships

Every effort is made to sponsor women for whom the registration fee poses a financial burden. For information to receive a scholarship, please call Aida @ (506) 454-8292. If you wish to sponsor women to attend, please enclose your donation and check the following box. Thank you for your generosity.

Scholarship Donation enclosed \$ _____

Key Note Speakers

Words of Wisdom

Dr. Elaine Dembe

Use the Good Dishes

Are you waiting for an event in the future to make you happy? Do you postpone joy until you meet the right person? or have more time? or more money? Dr. Elaine Dembe reveals how joy and happiness can be found in celebrating the extraordinary moments found in our everyday life.

Dr. Dembe is one of Canada's outstanding authorities on longevity, stress management and motivation. She is a celebrated chiropractor, sought after media personality and speaker.

Elizabeth Weir

The Gender Bender

As a political leader and woman of distinction, Elizabeth Weir stands out as a strong, confident individual. She demonstrates her special relationship with self motivation through her conviction, dedication and commitment to her work - especially when all odds seem against her.

Listen to Elizabeth share her personal experiences, humorous stories and provocative thoughts on being a woman in the male dominated world of politics and what it takes to stay encouraged.

Tools for Life

Workshops That Work for You
Saturday 9:30 - 10:30 a.m.

PLEASE PUT "1" FOR YOUR FIRST CHOICE AND "2" FOR YOUR SECOND CHOICE IN THE CORRESPONDING BOXES BELOW.

A1 Living in a Healthy Home - *Liz Smith*
Preventative health care begins at home. Learn how to improve indoor and outdoor air quality and help reduce climate change.

A2 The Power of Prayer - *Barbara Cull-Wilby*
To be still and know grace as a daily practice can rescue us from the haste of the world and grant us peace. Learn to renew the heaven within.

A3 Living in the Moment - *Kathy Carr*
Discover techniques to relax deeply, relieve anxiety and pain, and access your natural intuition and body wisdom.

A4 Self Esteem - *Natalie Anderson*
Discover how to be aware of your self esteem and begin the most important relationship you will ever have - the one with yourself. Healthy self esteem is the greatest gift you can give yourself.

A5 Get Your Kids Moving - *Jane McKeown and Shelley Swift*
Attend an educational, informative and interactive session on how to physically motivate yourself and your kids.

A6 Recharge and Energize - *Jean-Marie Donovan*
A good sense of humour makes the burdens of life easier to bear. How to be more playful and embrace laughter as a positive energy source.

A7 Decorate With Colour - *Shaune Walsh Daigle*
Be served a smorgasbord of helpful and useful tips on colour. Let colour enhance your surroundings and improve your quality of life.

A8 Blended Families - *Sandra de Vink*
Explore the challenges and joys of the stages of stepfamily development. Discuss the unique dynamics of step parenting.

Tools for Life

Workshops That Work for You
Saturday 11:00 a.m. - 12:30 p.m.

PLEASE PUT "1" FOR YOUR FIRST CHOICE AND "2" FOR YOUR SECOND CHOICE IN THE CORRESPONDING BOXES BELOW.

B1 Hot Flash Anyone? - *Parissa Bunin, Nora Murray, Jeannie Collins Beaudin*
A lively discussion panel on menopause with a naturopathic doctor, a woman with experience and a pharmacist; its symptoms and "cures".

B2 Simple Medicine in Movement - *Brune Clavette*
Understanding where we are with the micro/macro, yin/yang, Taoist flow. Discover invigorating releases and at home techniques to connect with universal energy.

B3 Emotional Empowerment - *Anne Marie Hartford*
Be in charge of your emotions. Learn how to stop being confused and held victim by your emotions. Let them empower you instead.

B4 Enthusiasm and Success - *Jennifer Phillips*
What gets you up in the morning? Find out how attitude, enthusiasm and success are intimately linked in our human behaviour. Discover your personal motivators and how to use them.

B5 Parenting Teens- *Heather Duffett-Weeks*
Survival skills for navigating the often treacherous territory of raising teens.

B6 Flower Power - *Jenny Scott*
Join Jenny from Scott's Nursery and participate in an interactive discussion that demonstrates gardening as an enhancement to our lives.

B7 In the Driver's Seat - *Jill Fox*
A powerful presentation, from a women's point of view, on how to face the car dealer, mechanic and your own car.

Tools for Life

Workshops That Work for You
Saturday 1:30 - 2:30 p.m.

PLEASE PUT "1" FOR YOUR FIRST CHOICE AND "2" FOR YOUR SECOND CHOICE IN THE CORRESPONDING BOXES BELOW.

C1 Wardrobe Wonders - *Lynda Wood*
Explore figure enhancement, colour basics and the art of camouflage to dress for success. Find out what your visual image says about you.

C2 Building Relationships - *Jennifer Phillips*
How did your prince become a frog? Discover the dynamic stages of relationships and how to keep them alive.

C3 Under Pressure!- *Holly Hertz*
An informative, candid session on dietary approaches to stop hypertension - the silent killer that affects 50-80% of people over 60.

C4 The Journey Inward - *Jodi-Ann Ketchum*
Be introduced to journaling as a method of enhancing personal enrichment. Let your pen be your compass that guides you to explore your true sense of identity and spirit.

C5 Get a Life! - *Susan Nind*
Reclaim your passion and purpose. Look at the mechanics of living an optimistic and resilient life through life-work integration.

C6 Today's Dating Game - *Pat Carlson, Mary Carpenter, Noella LeBrun*
Dating in 2003 is complicated. Learn about the risks and pleasures of playing in cyberspace bars. Hear about how to find men and make them notice you. Discover effective networking to find a partner.

C7 Hip Hop - *Susan Hamilton*
Move to the Groove. Come dance and play using the latest Hip Hop moves. A fun, energizing way to feel good.

C8 Battles or Wars? - *Julia Bannister*
Conflict is a normal part of our lives. Learn to navigate your way to successful resolution. Acquire the mediation skills and confidence to resolve potential conflicts.