

## SCHEDULE OF EVENTS

### Friday—October 23, 2009

6:30-7:30pm	Registration & Exhibits
7:30-8:00	Opening Remarks
8:00-9:00	Keynote— <b>One Hour to Sanity</b> —Carole Lesbirel
9:00-9:15	Exhibits / Book Signing

### Saturday—October 24, 2009

8:00-8:45am	Registration & Exhibits
8:45-9:15	Welcome
9:30-10:30	Workshops—Session A
10:30-11:00	Nutritional Break & Exhibits
11:00-12:30	Workshops—Session B
12:30-1:30	Lunch ( <i>provided</i> ) & Exhibits
1:30-3:00	Workshops—Session C
3:00-3:15	Exhibits & Stretch Break
3:15-3:45	Keynote— —Claudette Bradshaw
3:45-4:00	Wrapping it up!

### Special Needs

If you have special needs, please contact us in advance and we will try to accommodate you. Please call 1.888.829.6777 or 506.458.8211.

**Thank you for respecting our tobacco and scent-free conference policy.**



## Nurturing Ourselves Conference

Women's Health & Well-Being

### Tools For Life

## Celebrating Our 20<sup>th</sup> Anniversary

October 23 & 24, 2009

Hugh John Flemming  
Forestry Complex  
1350 Regent Street

Fredericton, NB

[www.nurturingourselves.ca](http://www.nurturingourselves.ca)

## REGISTRATION

Registrations may be completed online or by mail.

ONLINE: [www.nurturingourselves.ca](http://www.nurturingourselves.ca)

MAIL: Nurturing Ourselves Conference  
527 Dundonald Street, Suite 120  
Fredericton, NB E3B 1X5

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ PROV: \_\_\_\_\_  
POSTAL CODE: \_\_\_\_\_  
PHONE: \_\_\_\_\_  
EMAIL: \_\_\_\_\_

Please identify your workshop selections:

1st Choice: A \_\_\_\_\_ B \_\_\_\_\_ C \_\_\_\_\_  
Alternate Choice: A \_\_\_\_\_ B \_\_\_\_\_ C \_\_\_\_\_

COST: \$75 (Regular, all inclusive)  
\$60 (Seniors / Students)

If you wish to attend Friday's Keynote only, please note that limited seating is available. Tickets are \$20 at the door.

Method of Payment :

- Cheque (*payable to Nurturing Ourselves Conference*)  
 MasterCard  Visa  Sponsorship

Credit Card # \_\_\_\_\_ Expiry date \_\_\_\_\_

Signature \_\_\_\_\_

Sponsorships: If you are a woman in need, please call 1.888.829.6777 or 506.458.8211 (Family Enrichment Services) to inquire about available sponsorships.

FOR INFORMATION: [info@nurturingourselves.ca](mailto:info@nurturingourselves.ca)

## GRATITUDE

We gratefully acknowledge the following organizations for their contribution to ensuring the success of this year's conference:

- NB Dept of Social Development
- NB Dept of Wellness, Culture and Sport
- NB Senior and Healthy Aging Secretariat
- NB Executive Council Office - Women's Issues Branch
- River Valley Health
- Family Enrichment Services

and the many working hands of our volunteers.

### Chrysalis House

**Chrysalis House**, is a place where personal safety and accessibility to employment, education, and health care are met within a nurturing family-like setting. Despite overall gains which have improved women's lives, young women between the ages of 16 and 19 who lack family support remain a group at risk of developing significant problems in their physical and mental health. Additionally, they are at risk of becoming homeless.

Please help us support Chrysalis House by bringing **unscented personal hygiene items** to the conference for our Chrysalis House Basket.

Thank you for assisting the young women of Chrysalis House.

## Keynote Speakers

**Friday, October 23, 2009**

### Carol Lesbirel

Dynamic...Energetic...Enthusiastic!

Carol is an accomplished professional speaker, motivational trainer, facilitator and author who will help unlock the invisible door that stands between you and your ultimate personal and professional goals.



Her book “*Who Says You Can’t*” will help put into place some of the tried and true tools of assertive communication and organization that will allow you to gain control over your life.

Her presentation “*One Hour to Sanity*” is a humorous and practical approach to stress management and explores a typical day in most women’s lives. This presentation is fun, and information packed with realistic solutions to help you find the right balance in your life.

**Saturday, October 24, 2009**

### Claudette Bradshaw



Passionate & Powerful

Claudette is a woman of substance and sustenance. She has worked the front-lines to provide shelters for those in need, and has challenged politics to address issues that have been morally and ethically necessary.

A former Member of Parliament, Claudette continues to be a passionate advocate and speaker on issues related to children and youth, Fetal Alcohol Spectrum Disorder, and adult literacy.

Join us to hear Claudette’s story about the different paths she has followed and the women who influenced her to become the outspoken social justice champion that she is today.

**WORKSHOPS—SATURDAY—OCTOBER 24, 2009**

**FORESTRY COMPLEX—FREDERICTON, NB**

**Workshops—Session ‘A’ 9:30—10:30**

#### A1—Organic Planet

*Sylvia Priestley-Brown*

Come and explore the benefits for the body and for the environment of eating an organic diet and supporting local organic food growers. We’ll share some cooking tips and do a little taste testing, too.

#### A2—Laughing Your Way to Enlightenment

*Barbara Lynn Cull-Wilby*

Did you notice the colour of the sky this morning? Do you know that life is a Gift? Do you know that the body doesn’t care if it’s a real or a fake laugh? We still benefit in miraculous ways! Come prepared to giggle!

#### A3—Grandparenting at a Distance

*Susan McGibbon and Suzanne Mason*

Increasingly, we find our families spread over daunting geographic and emotional distances, and we find ourselves struggling to maintain close relationships. Here are some practical approaches presented by two women who have definitely been there, done that, and managed to have a very special place in their grandchildren’s lives.

#### A4—Financial Well-Being in Tough Economic Times

*Michele Madore*

How much money will you need to live the life you want to live? What can you be doing at your current stage of life to ensure that you have the resources you will need at your disposal? Here’s an opportunity for frank talk about managing wisely.

#### A5—Reclaiming an Age-Old Ability: Intuition

*Donna Somerville*

Learning to listen to our hunches, gut instincts, and inner wisdom can help us to tap into information and insights that sometimes bypass our more analytical thought processes. We all have that sixth sense, but we vary in our readiness and willingness to listen to what it’s trying to tell us. We’ll explore what intuition adds to our lives.

#### A6—Making End-of-Life Decisions While You’re Still Healthy

*Jennifer Donovan*

If you were no longer able to speak and act for yourself, who would you want to be making decisions on your behalf? Learn about power of attorney, health advocacy, living wills, organ donation, and other related issues.

#### A7—Choosing a Used Car & Keeping it Running

*Coretta Abbott*

The fluid goes here; the plug goes there. Are you lost under the hood? What do you need to know before buying a used car? Learn the essentials of maintaining a car and learn the mechanic’s wisdom for purchasing a “new to you” vehicle.

#### A8—La marche, un pas à la fois

*Claire Caron*

Comment se préparer pour une marche sur courte ou longue distance. Motivation, sécurité, préparation, habillement, expérience, etc. sont des sujets qui seront touchés lors de cette présentation.

**WORKSHOPS—SATURDAY—OCTOBER 24, 2009**

**FORESTRY COMPLEX—FREDERICTON, NB**

**Workshops—Session ‘B’ 11:00—12:30**

#### B1—Symptoms to Take Seriously

*Nancy Oxner*

There are things that every woman should know in order to keep herself healthy through the years. We’ll explore what appropriate health screening includes, when to have it done, what to worry about, and how to discuss these topics with your health care provider.

#### B2—This Teen is Driving Me Crazy!

*Nancy Rideout*

When is it time to worry about your teenager’s behaviour? What are the signs to look for about drugs, alcohol, smoking, relationship violence, depression? A frank discussion with Nancy—someone who interacts with teens every school day.

#### B3—Food, Mood, & Mental Clarity

*Parissa Bunin*

Feeling blue, depressed, anxious or irritable? Have you lost your “joie de vivre”? We will look at some key factors contributing to a rise in mood issues and will provide some advice using nutrition, supplementation & herbal remedies.

#### B4—Staying Sane in a Shrinking Economy

*Jane Buckley*

For many of us, money is an emotional landmine. In the current economic crunch, many of us are struggling with the stress of added financial insecurity, and living close to the edge. This will be a very down-to-earth session on debt management, basic budgeting, and staying afloat in tough times.

#### B5—Celebrating Solo—Holiday Cheer for a Party of One

*Carolyn Townsend*

Enjoy the moment! Explore good ways to handle seasonal holidays, vacations and life transitions. Recognize and deal with your emotional needs and learn to “go with the flow”.

#### B6—DIY Disasters No More!

*Home Depot*

Are you someone who likes to know how to do things yourself but can’t when it comes to your home? Come and learn how to use more than duct tape to do those minor home repairs yourself.

#### B7—Toward Vitality: An Hour for Your Spirit

*Sue Short*

When we’re running on empty it is often because we’ve neglected to nourish the sacred within. We may come from different spiritual traditions but within each of us is a common longing for spiritual depth. Here are some spiritual practices that can help you nourish imagination, get connected, find your rhythm, make a difference!

#### B8—Développer votre sens du toucher

*Brune Clavette*

Venez rejoindre Brune dans cette introduction de la méthode d’Ouverture, et vous apprendrez et développer votre sens de perception et d’être présent lorsque vous prendrez soin de votre famille.

**WORKSHOPS—SATURDAY—OCTOBER 24, 2009**

**FORESTRY COMPLEX—FREDERICTON, NB**

**Workshops—Session ‘C’ 1:30—3:00**

#### C1—Love, Sex, and Relationships in the 21st Century

*Sarah Vannier*

How do we develop and maintain healthy relationships with our sexual partners, and how do these relationships change over time? We’ll consider sexuality across the lifespan, with a focus on dating, marriage, parenting, infidelity, divorce, and sustaining a fulfilling long term relationship.

#### C2—Growing Older, Wiser and More Playful

*Marilyn Noble*

Midlife is a lot like adolescence: both present us with opportunities to explore our potential and our identity. One major difference: now the clock is ticking! We have a growing sense of our own limitations, and there is a certain internal pressure to “get it right while we still can”. So come explore. The best is yet to be!

#### C3—It Isn’t About Food: The Psychology of Eating

*Kathryn Weaver*

Food makes us feel good, but poor eating habits can create problems. Cultural, social and family influences and personal experiences shape our relationship with food. We’ll try out some empowering strategies aimed at restoring a healthy approach to food and eating, making better choices, and being able to control eating and weight issues.

#### C4—Maximum Travel Pleasure, Minimum Cost!

*Ellen Tucker*

Well-planned and approached with a spirit of openness, travel offers great benefits to mind, body, and spirit. Learn about some great travel destinations and experiences, how to travel safely and stress-free, and how to realize your travel dreams within your travel budget.

#### C5—Healing with Emotional Freedom Technique (EFT)

*Linda Morehouse*

EFT has been described as emotional acupressure that clears away negative emotions by tapping on various meridian points resulting in a healthy mind, body, and spirit. Experience a release of blocked negative energy and begin healing.

#### C6—Limited Space Gardening

*Scott’s Nursery*

Find out how to decorate small spaces with colour while still being environmentally friendly. Learn about container and organic gardening in your small space.

#### C7—Developing Your Sense of Touch

*Brune Clavette*

Join Brune in this introduction to the O.P.E.N. Method where you will learn how to develop your perception of touch and sense of being present, while caring for your loved ones.

#### C8—Alimentation, humeur, et la clarté mentale

*Parissa Bunin*

Est-ce que tu te sens déprimée? Anxieuse? Irritable? Ou bien penses-tu avoir perdu ta joie de vivre? On étudiera les causes de ces maux mentales et on discutera les traitements par la nutrition, les produits supplémentaires et les herbes.