

Manitoba Rural Women's Day 2017 REGISTRATION FORM

(please print)

Name: _____

Box/Street: _____

Town/City: _____ Postal: _____

Phone: _____

E-mail: _____

Event attending: Minnedosa Komarno

MWI Member: Yes No

Registration fee (includes lunch):
MWI member \$20 Non-member \$25

Event T-Shirt \$20 (circle size):

Small Medium Large XL 2XL 3XL 4XL 5XL
(T-Shirt to be paid for as part of your registration, order must be received prior to September 30, pickup will be day of event.)

Please make cheque payable to Manitoba Women's Institute. Please detach and send registration form and cheque to:

Manitoba Women's Institute
C/O MB Rural Women's Day
1129 Queens Avenue,
Brandon MB R7A 1L9
Phone: 204-726-7135 (leave a message)

No refunds will be provided. Receipts will be issued only on request. Any special dietary requirements should be noted at time of registration.

AGENDA

A HEALTHY MIND IS A TREASURE TO FIND

- 8:30 - 9:00 Registration
- 9:00 - 9:20 Welcome / Greetings
- 9:20 - 10:50 "Living an Intentional Healthy Life"
- Elaine Froese
- 10:50 - 11:10 Networking Break, Display Tables
- 11:10 - 11:50 Vicki Olatundun
- 11:50 - 1:00 Lunch, Display Tables
- 1:00 - 2:30 "Making Sense of Mindfulness"
- Keith MacPherson
- 2:30 - 2:50 Networking Break, Display Tables
- 2:50 - 3:50 **FIRESIDE CHAT**
Moderator: Vicki Olatundun
Minnedosa: Roberta Graham, Deborah Tacan, Nora Chant
Komarno: Judy Dunn, Cheryl Cohan, Carole Teatreault
- 3:50 - 4:00 Closing

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204-726-7135
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Presented by:  Manitoba Women's Institute



*A healthy mind
is a treasure to find.*

MANITOBA RURAL
Women's
DAY 2017 

**Saturday, October 14th
MINNEDOSA**

9am - 4pm (registration 8:30 am)
Community Conference Centre
63 Main Street North

**Saturday, October 28th
KOMARNO**

9am - 4pm (registration 8:30 am)
Community Hall
76 2nd Avenue

Presented by:  Manitoba Women's Institute

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SPEAKERS

Keith MacPherson

Keith is a wellness expert who believes that yoga and mindfulness are the entry way to finding balance, health, inner-peace and wisdom. Keith has a special ability to motivate the masses and win over even those who might otherwise neglect their health and wellness. Not only is Keith a yoga instructor and wellness coach but also offers his gift of live music performance everywhere he goes.

Elaine Froese

Elaine empowers families to communicate and resolve conflict. As a farm family coach she creates clarity of expectations, certainty for timelines and a commitment to action. She is passionate about mental wellness as she is a depression survivor. Her 40 years of working with rural families is a rich tool-building experience.

Vicki Olatundun

Vicki was recognised by Canadian Living magazine as one of 40 women across the country who it sees as being "Change Makers" in making Canada a better place. Vicki is the Executive Director at the Steinbach Family Resource Centre and a thought-provoking motivational speaker. Her passion and mission is H.O.P.E. (helping other people excel).

FIRESIDE CHAT PARTICIPANTS IN MINNEDOSA

Roberta Graham

Roberta has a private practice in therapy and is an Associate Professor in Psychiatric Nursing at Brandon University. She teaches courses on counselling theory and skills on abuse in families, and is a Sessional Instructor in the Masters of Marriage and Family Program with Aurora Family Therapy Centre at the University of Winnipeg.

Deborah Tacan

Deborah is a Cree/ Metis woman with roots in northern Manitoba. She works as a Prevention Education Consultant at the Addictions Foundation of Manitoba. She believes she has been given this work to continue her healing and to walk with others while on their healing journey.

Nora Chant

Nora has the position of peer support facilitator at the 7th Street Health Access Centre. Person-centered therapies along with mindfulness techniques guide her personally and professionally, as she manages a diagnosis of bi-polar disorder and anxiety.

FIRESIDE CHAT PARTICIPANTS IN KOMARNO

Cheryl Cohan

Cheryl is an Anthropologist, Marriage and Family Therapist, consultant and trainer. Cheryl specializes in systemic therapy, adjunctive modalities and Horticultural Therapy. She works in addictions treatment in hospital and community settings and private practice.

Carole Teatreault

Carole runs Calder House in Steinbach that offers individuals, couples and groups a retreat space, teachings and holistic spa therapies in order to bring balance to one's body, mind and spirit. Carol helps teach your mind how to slow down, and rediscover your spirit through mindfulness.

Judy Dunn

Judy works as an Outreach Manager for the Mood Disorders Association of Manitoba in the Eastman Region. But her most challenging role is that of a bereaved mother after losing her son to suicide after he lost his battle with depression. Judy has made it her mission to help raise awareness and educate others about Mental Health Issues, such as Depression, as well as to help reduce the stigma that surrounds both depression and suicide.