

ACCESSING YOUR COMMUNITY



16th Annual
Oceanside Family Health &
Wellness Fair

Saturday, April 9, 2011 • 10:00am - 3:30pm
Parksville Community and Conference Centre



FREE Seminars • **In the Library 11am- "Fun with Food" story time for kids** • **Lefty's Fresh Food in the Red Cedars Room** • **Grand Door Prize from Blue Door Audio** • **Exciting Demonstrations**

FEATURED SEMINARS IN THE GARRY OAKS ROOM

- 10:15** **Laughter For The Health Of It** - Doreen Bakstad, Laughter Yoga Teacher.
- 11:15** **Still Sexy After Sixty** - Kerri Isham and Lesley Stedmon, Sexual Educators.
- 12:15** **Medication Management Program** - Lonny Barr, Pharmacist.
- 1:15** **How Dentures Effect Your Health** - Steve Aiken, Denturist.
- 2:15** **How To Use the Law Of Attraction** - Lauren MacLaucan, Author of The Law of Attraction "How To" Book.

FORUM AND VIU IN THE PARKSVILLE CIVIC & TECHNOLOGY CENTRE

Forum

- 10:15 - Changes in the Emergency Department at NRGH:** Suzanne Fox, Manager of Emergency Services.
- 11:45 - Take Back The Sidewalks:** Dr. Lynne MacFadgen, Project Manager at the Centre for Continuing Studies at VIU
- 1:15 - Accessible Wilderness Park in Courtenay:** Dan Braun, Accessible Wilderness Society

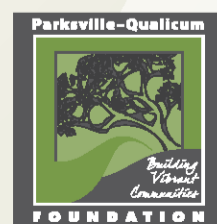
VIU Classroom

- 10:30 - Art Therapy:** Anne Turner Artist and VIU Sociology student.
- 12:30 - Attaining Freedom from Phobias and Past Traumas with Emotional Freedom Techniques:** Gudrun Eichhorst, Reiki & EFT Practitioner & Teacher.
- 2:30 - The Driving Questions:** Ronine Sharp, Memory Nurse

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