

16th ANNUAL OCEANSIDE FAMILY HEALTH & WELLNESS FAIR

Theme: Accessing Your Community

SAT, APRIL 9, 2011
PARKSVILLE COMMUNITY & CONFERENCE CENTRE
PARKSVILLE CIVIC AND TECHNOLOGY CENTRE

Grand Door Prize From **Blue Door Audio**

Lefty's Fresh Food in the Red Cedars Room

SEMINARS IN THE GARRY OAKS ROOM

10:15 – Laughter For The Health Of It - Doreen Bakstad, Laughter Yoga Teacher. Enjoy improving your health by combining breath, easy and fun movements, and play-acting. Participants learn to access the wealth of health that laughter brings.
www.laughteryogacanada.ca

11:15 – Still Sexy After Sixty – Kerri Isham and Lesley Stedmon, Sexual Health Educators Challenge the myths about seniors and sexuality and discuss the benefits of remaining sexually active throughout the lifetime. Find out how to overcome age-related obstacles to enjoying a healthy sex life. www.powerupworkshops.ca www.passionflowerconsulting.com

12:15 – Medication Management Program – Lonny Barr, Pharmacist
The BC Medication Management Project is a collaboration between Pharmacists and the BC Ministry of Health Services that allows Pharmacists to spend more time with patients to go over their medication use and optimize their results. Hear about drug/drug, drug/herb, and drug/condition types of interactions that Pharmacists can check for and how to understand more about your condition.
www.bcpharmacy.ca/professional-inks/med_management/default.htm

1:15 – How Dentures Effect Your Health – Steve Aiken, Denturist
An informative session about oral health and dentures. Learn about proper cleaning and care, implants, and the changes in bone structure that can happen due to the loss of teeth and the use of dentures. Caregivers also will find out what to watch for.

2:15 – How To Use the Law Of Attraction – Lauren MacLauchlan, Author of *The Law of Attraction "How To" Book*
Find out exactly how to use the law of attraction in your own life.
www.lawofattractiontrainingroom.com

Sessions in the Parksville Civic and Technology Building

IN THE LIBRARY

11am – “Fun With Food” story time for kids; a half hour of family time with stories, songs, rhymes and then a small craft.

IN THE FORUM (main floor across from library)

10:15 – Changes in the Emergency Department at NRGH – Suzanne Fox, Manager of Emergency Services

A look at the new renovations in Emergency and a chance to ask questions about emergency services.

11:45 – Take Back The Sidewalks – Dr. Lynne MacFadgen, Project Manager at the Centre for Continuing Studies at Vancouver Island University

A report on recent research that VIU did to assess how friendly our communities are for seniors and people with mobility challenges.

1:15 – Accessible Wilderness Park in Courtenay – Dan Bauer, Accessible Wilderness Society

Find out about plans for a totally accessible park coming soon that will make it possible for people with any physical limitation to enjoy the wilderness.

IN THE VIU CLASSROOM (above the library)

10:30 – Art Therapy – Anne Turner Artist and VIU Sociology student.

Anne shares how she used art therapy to overcome various disabilities and a history of mental health issues and abuse. Art therapy helps improve self-confidence and is an avenue for self-express and healing.

12:30 – Attaining Freedom from Phobias and Past Traumas with Emotional Freedom Techniques – Gudrun Eichhorst, Reiki and EFT Practitioner and Teacher.

Learn how trauma and stress can be collapsed with the help of EFT. Useful for people with PTSD resulting from accidents, abuse and grief. www.oaktreehealingenergy.com

2:30 – The Driving Questions – Ronine Sharp, Memory Nurse

A fun and empowering discussion about how older drivers can maintain their driving skills longer and how to discuss the decision about when to give up driving.

Presented by: The Oceanside Community Partners Team with support from the Parksville Qualicum Foundation.

We thank our volunteers, presenters, entertainers, exhibitors, sponsors, and helpers for the hard work that goes into this community event. Although We Value And Respect All Our Exhibitors And Presenters, The Organizers And Sponsors Do Not Endorse Any Therapy or Product Presented at This Event.