

ENERGIZE 2012

Body Health - Mind Health

WELLNESS SYMPOSIUM

February 25, 2012

\$19.00 per Household

Start the year off right by learning strategies to enhance cognitive fitness, body fitness and mind health.

By attending this symposium you will receive:

- 3.5 hours of quality instruction
- Your wellness package to archive your symposium materials
- Copies of each presenters presentation material
- Action worksheets to write down key learning and action points
- Complimentary audio MP3 of the symposium seminars

In this information packed morning symposium our guest speakers will share practical wisdom on...

Achieving our Goals

Why Will Power is Not Enough

We all have goals that we would like to accomplish but we get stuck or unable to consistently follow through. Our diet plans fall short, our goal to be more patient ends in outbursts of anger at loved ones, our desire to live a healthy lifestyle is at best inconsistent. We know what we should do but we have trouble staying the course. We fail or fall short because we rely on Will Power which is not enough to overcome the forces that fight against the accomplishment of our personal goals. Quite frankly, you are outnumbered and good ol' will power will eventually be overcome. In this session, you will learn why our world sets us up for failure and the six strategies that you can harness to accomplish your goals and to stick with your plans over the long term!

Proactive Physical Training for

Resiliency Body Health

For some of us, we have a physiotherapist, massage therapist and chiropractor on speed dial. To be sure, each of these professionals play an important role in the recovery process by helping to fix those troublesome body parts that are crying out for attention. In this session, Mike Booth owner of Massage Athletica will share practical and action orientated strategies for making our bodies more resilient (stronger) so we can reduce those visits to our healthcare provider and to maintain our physical independence over the long-term.

In the Shadow's of Alzheimer's

Brain Health Strategies

We treasure our independence. We may not say it but we think it "What can I do to maintain cognitive health? I don't want to lose my mind!", "Are there diet and health strategies that can delay, minimize or eliminate the onset of declining mental function?". In this session you will learn that it's never too late to implement brain health habits but like many things in life, the earlier the better!. Mary Mathews with the Alzheimer's Society of Manitoba will share cutting edge nutritional, exercise, cognitive and environmental strategies that will maximize brain health and function over the long term. Learn the 10 Warning Signs that you need to know PLUS "Healthy Brain Lifestyle Tips that Everyone can Practice!"

SPEAKERS

Shaun Humphries

Senior Financial Planning Advisor
Assante Capital Management Ltd.

Shaun has over 25 years in the financial services industry and is an owner in a 20 advisor branch, Shaun challenges people to see the opportunity inside periods of transition, challenge and change by teaching the skills crafted over a 25 year business career and 20 years of high level triathlon competition including multiple Ironman races. Shaun draws from these experiences to share motivating and practical strategies for goal setting and fighting the forces that keep us from achieving our goals.

Mike Booth

~ Mike is a former winner of the MB Marathon and several other elite races. As Mike says "After 10 years of competing at an elite level, to say I've had my fair share of injuries would be an understatement. Fortunately, I've had the opportunity to receive some of the very best care by some of the top rated healthcare providers in the world. Now, with this knowledge that I've gained, I believe I have created a truly unique health approach for Winnipeg" Mike believes a healthy lifestyle starts with a balanced body. His presentation will focus on simple strategies that anyone can implement to maintain functional strength and independence as you age.

Maria Matthews

~ Manager of client support and family education for the Alzheimer's Society of Manitoba. Maria's background is in recreational/physical fitness and management and continues her passion for working with older adults and their families to maximize independence and healthy living.

TAKE CHARGE OF CHANGE

Teaching the skills to build RESILIENCY



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*****Register a friend, colleague or family member AT NO ADDITIONAL COST and you will be entered into a draw for:**

75\$ Donation to the Alzheimer's Society in your name

OR

75\$ gift certificate to Massage Athletica

EVENT DETAILS

DATE: Saturday, February 25th, 2012

TIME: 9:30—12:30

(doors open at 9:00)

LOCATION: Canad Inns Fort Garry
1824 Pembina Hwy

Registration fee \$19.00/Household

FOR REGISTRATION & PAYMENT (VIA PAYPAL)

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