

Energizing Events:

Rejuvenate yourself with our
Yoga Class

Invigorate your mind with our
outstanding exhibits and speakers

Relax at our Wine & Cheese
evening

**Be entertained and tantalize your
taste buds** at our banquet

For more information on this exciting
event visit our website:

www.aohna.ab.ca

Become an AOHNA Member and enjoy
special pricing for this event.

Contact the AOHNA Provincial
Treasurer by email:

aohna@telusplanet.net



Attend our **Education Day** before the conference
Wednesday May 28th
Registration begins 07:45—08:30 hrs

Brought to you by the North Central Chapter
**Understanding and Applying the Tools for
Identification of Musculoskeletal Injury Risks**

See enclosed brochure



Get Energized

Be Inspired

Improve your Knowledge

Alberta Occupational Health Nurses' Association

2008 Conference

**Keynote Speaker:
Dr. Stephen Aung**

AN EVENT NOT TO BE MISSED

Hotel Room Reservations: Coast Edmonton Plaza

10155 -105 Street, Edmonton, Alberta T5J 1E2
Reservations: 1-800-716-6199

Delegates conference code is "AOHNA"

Room rate if booked by April 27, 2008
Comfort—\$100/night
Superior—\$120/night
Premium—\$130/night

Speaker Schedule

Dr. Steven Aung

Keynote Speaker

International Speaker, World Health Organization Advisor

“Understanding Integrated Compassionate Medicine in the 21st Century and Beyond”

Dr. Steven Aung, a pioneer in the integration of western, traditional Chinese and complementary medicine has helped to make Alberta an active centre in the field of integrated and complementary medicine. His unique approach to medicine, combined with the remarkable compassion he brings to all that he does, has made Dr. Aung a highly respected teacher, researcher and doctor.

Warren MacDonald

Author of

A TEST OF WILL -

One Man's Extraordinary Story of Survival

Guest on Oprah and Larry King.

This motivational speaker will illustrate how we can see the world, embrace change, manage transition, find and create opportunity, and as a result live “larger” than we could ever dream possible.

Dr. Arif Bhimji

President Medicentres of Canada

Occupational Health Physician

“Occupational Injury Services (OIS)”

Understand how OIS services partners between WCB and employers to reduce costs and facilitate early, safe, return to work.

Dr. Atul Khullar

Medical Director of the Northern Alberta Sleep Clinic

“The impact of sleep disorders in the workplace”

Learn about major sleep disorders, understand treatments and become aware of resources for further evaluation and referral of employees with sleep disorders.

Dr. Charl Els

Addiction Psychiatrist and Medical Review Officer

“Smoking as an Addiction”

Learn about new legislation and how we can help our employees quit smoking.

Dr. Kenford Nedd

One of the top 10 professional speakers in Canada, U.S, Europe and Caribbean.

“Happiness in the workplace: New approaches to personal effectiveness”

A plethora of ideas and techniques that you can use on a daily basis to improve your performance. You will laugh, learn and walk away with benefits that will last a lifetime.

Capital Health Authority - Speakers TBA

“Weight Wise Program - combating obesity in the workplace”

This program addresses the obesity epidemic that exists in our population today and is aimed at helping reduce the incidence of chronic diseases such as diabetes, heart disease, and arthritis. Facilitators are registered dietitians, registered nurses, exercise specialists and/or psychologists.

AGENDA

Wednesday May 28th

1830

1900-2100

Registration opens

Wine and Cheese

Vendors Exhibits Open

Thursday May 29

07:15—08:00

Registration

Continental Breakfast

8:00—08:15

Conference Committee Welcome

8:15—08:30

Opening Remarks

8:30—10:00

Dr. Aung

10:00—10:30

Break

10:30—11:30

Dr. Bhimji

11:30—13:00

Lunch

13:00—14:00

Dr. Khullar

14:00—14:30

Break

14:30—15:30

Warren Macdonald

16:30

Yoga

18:30

Cocktails

19:00—20:00

Dinner

20:00

Awards with entertainment to follow

Friday May 30

8:00—10:00

AGM—full breakfast included

10:00—10:30

Break

10:30—12:00

Dr. Els

12:00—13:00

Lunch

13:00—14:00

Capital Health Authority

14:00—14:15

Break

14:15—15:30

Dr. Nedd

Bring your “gear” and join us for
Yoga at 16:30 Wednesday and
Thursday afternoon!



Name: _____

Address: _____

City: _____

Province: _____ P/C _____

Email _____

(receipt will be emailed after registration—hard copy at conference)

Phone# _____

Fax# _____

Company Name (will be included on Delegate badge): _____

Dietary Restrictions? _____

Parking is available for as little as \$9/day close to the hotel.

The Sky Shuttle is available from the International Airport to the hotel for \$25 return trip.

Choose ONE method of payment:

1. Cheque Payment

Make your cheque payable to: **AOHNA**

2. Credit Card Payment

AMEX MasterCard VISA

Name on Card _____

Number _____

Expiry date _____

Signature _____

Total Amount \$ _____

Mail Registration Form and payment to:

Jennifer Farrar
5408 41 Ave.
Beaumont, AB T4X 1L8 Fax: 780-929-7679

GST# 897415667RT0001

**DO NOT MISS THIS OPPORTUNITY
REGISTER TODAY!**

Early Bird 2 Day Conference

AOHNA Members \$283.50
(\$269.33 + \$13.50 GST)

Non-Members \$378.00
(\$360.00 + \$18.00 GST)

Student (full time/ID required) \$183.75
(\$175.00 + \$8.75 GST)

AOHNA Members
1 Day (banquet not included) \$168.00
(\$160.00 + \$8.00 GST)

Non-member
1 Day (banquet not included) \$220.50
(\$210.00 + \$10.50 GST)

After April 15, 2008

AOHNA Members \$351.75
(\$335.00 + \$16.75 GST)

Non-Members \$456.75
(\$435.00 + \$21.75 GST)

Student (full time/ID required) \$183.75
(\$175.00 + \$8.75 GST)
1 Day (banquet not included)

AOHNA Member \$194.25
(\$185.00 + \$9.25 GST)

Non-Member \$246.75
(\$235.00 + \$11.75 GST)

Banquet ticket only \$60.00
(\$57.14 + \$2.86 GST)

Banquet included in price unless otherwise stated

Education Day—Early Bird

AOHNA Member \$136.50
(\$130.00 + \$6.50 GST)

Non-Member \$210.00
(\$200.00 + \$10.00 GST)

Education Day After April 15, 2008

AOHNA Member \$157.50
(\$150.00 + \$7.50 GST)

Non-Member \$236.25
(\$225.00 + \$11.25 GST)

If you would like to be contacted about joining the AOHNA to receive the reduced members' rate please provide your email address below:

While at the AOHNA conference, your picture may be inadvertently taken. **Check here** if you do not want your picture published

Check here if you do not want your name included on the delegate list