

Health Fair Sessions and Descriptions 2012

Session # /Presenter/Topic/room/sessions offered (1-4)/ # of students

1. Heather Rowe - Youth Addiction (Rm. 1) sessions 1-4/ max. 20

This interactive session will help students to evaluate some of the influences and decisions around alcohol, tobacco and drug use.

2. Janice Murphy - Nicotine(Rm. 2) sessions 1-4/ max. 20

Ever wonder what your lungs might look like after smoking a cigarette? Sign up for this interactive session and learn more about the dangers of Nicotine and other drugs... complete with pigs lungs!

3. Patsy Sheldon - Stupid Mistakes...why can't we learn from them? (Rm.3) Sessions 1 and 2/ max. 20

Over the last 15 years or so a lot of injury prevention organizations like the Red Cross have been looking at what really works when trying to get people to be safe - why does one person decide to wear their seat belt and the next person doesn't?

3a. Ashley Jensen - Real Beauty (Rm.3) sessions 3 and 4/ max. 20

This session will discuss the importance of a healthy lifestyle and how body image plays a role on our perception of health and beauty. Students will leave with tips to continue making healthy choices in their lives.

4. Jeremy Wood - Health and Wellness (Rm. 4) sessions 1 and 2/ max. 20

Jeremy the Health and Wellness coordinator for the Forzani Group. Sport Chek, Atmosphere, Navada Bob's Golf, S3, hockey Experts, etc. He will be leading this session on wellness ideas that you can incorporate into your daily lives.

4a. Lauren Capozzi - "Fit, Fat and Fun"(Rm. 4) sessions 3 and 4/ max. 20

This fun talk will be filled with exciting demonstrations and examples to teach you about the importance of fitness in helping to achieve long and healthy lives! We will discuss the muscles of the human body and how they help you throw, jump and run, and talk about bones and body fat. We will also see videos and demos of cool ways to keep active and help you achieve healthy, active and fun lifestyles with your friends!

5. Cynthia Launier - Smoothies 101 (Rm. 5) sessions1-4/ max.15

Wanna learn how easy it is to make healthy, addictive smoothies at home? Join Mme. Launier for a session exploring some of the healthy items you can add to your smoothies to make them that much healthier...and tastier!

6. April Labine - Healthy Snacks (Rm.6) sessions 1-4/ max. 15

Always wanted to make your own snacks? Want to learn some new healthy snack ideas? Join Mme. Labine in this interactive taste test and explore some healthy snack options for your typical school day. You may be surprised what you might like. Come with an open mind and a willingness to try new things.

7. Matthew Isenor - Swing Dance (Band Room) sessions 1 and 2/ max. 16

Come learn how to partner dance to swing music. You will enjoy this high energy style of dance.

7a. Erin Ruttan - Hoops for Heart (Band Room) sessions 3 and 4/ max. 20

We are going to get you up and moving by playing some games with you before we give you a bit of an interactive session on how to keep your heart healthy (did you know you learn better after as little as 10min of physical activity? Try playing some ball, running around the block, or skipping for your 10min study breaks the next time you have a test). We will also share with you why programs like Hoops of Heart are so incredibly important and how you can keep your momentum going the rest of the school year. Of course, we will play some more games before we go.

8. Kim Edwards - The Silent Majority (p.1) sessions 1,2,3/ max. 20

An interactive 'game show -style' session. We will also have the opportunity to talk about some issues like Cyber- Bullying & how you, as one person, can truly can make a difference at Madeleine d'Houet.

9. Krista Strayer - Yoga (Rm.1) sessions 1 and 2/ max. 15

Active Yoga Class learning how yoga helps to:

- manage stress and emotions
- improve our balance, concentration and focus
- increase strength and flexibility
- assist our immune system to keep us healthy

Come dressed in loose comfortable clothing. Mats are provided.

9a. Heather Johnson - Yoga(Rm.1) sessions 3 and 4 / max. 15

Same as session 9.

10. Bob Grunewald(Bow Cycle) - Bike Safety (library) sessions 1-4/ max. 20

This session will cover the following topics: Helmets and other protective gear, cycling hand signals and other City bylaws. Spring bike inspection.

11. Wilauna Husselman - God is my Daddy (Rm.10) sessions 1-4/ max. 25

This is a teaching on how we see God and how is he the best Father we wil ever have. " Do what God says or you will end up smelling like a fish" This is about Jonah and how his journey went and how it pertains to us. " Trust.... so hard and yet so easy" This is on how we can trust God with everything and why we should. "Showing Gods love in every way today" This will show we can show God's love in our everyday lives.

12. Para Olympic Athlete - Mikael Bartholdy (Sitting Volleyball) sessions 1 and 2/ max. 25

12a. Para Olympic Athlete - Chris Cederstrand (Sledge Hockey) sessions 3 and 4/ max. 25

13. Vic Grossi - Psychologist (Rm.20) sessions 1/ max. 25

Session topics include:

- 1) Emotional and Psychological Problems in Adolescence.
- 2) The concept of resiliency and how it can be developed to maintain proper mental health.

13a. Gregor and Ivan-College Athletes (Rm. 20) sessions 2 and 3/ max. 25

The life of a college athlete. From life learning and their choice of coming to Canada to study, life experiences traveling the world to play Volleyball and how Wellness plays a big role in their lives as 7 foot athletes.

14. Road to Recovery (Rm. 21) sessions 1 and 2/ max. 25

Gain some insight in a personal setting, into the struggle and triumph of addiction from members involved with the NA program.

14a. Adrienne Poleman - Respect Ed (Rm. 21) sessions 3 and 4/ max. 25

A session on our relations and interactions with others, learn what is ok and what is not, where to get help and strategies to better relate to others and advocate for yourself.

15. Andrea Lympany-Canadian Liver Found(Rm. 22). sessions 1-4/ max. 25

This PowerPoint presentation provides you with important information on Liver Health. You will learn some fun facts about the liver and also how to make informed decisions on topics such as tattoos, body piercings, food & exercise. You will also learn how to prevent serious liver diseases including hepatitis A, B, & C.

16. Andrew McBride - Lacrosse- Calgary Roughnecks(Field) - sessions 1-4/ max. 20

This session will include a showcase of lacrosse, talking about being a role model in the community, eating well and goal setting as well as some skill development and game play. Please come changed in full gym attire.

17. Crossfit Ramsay/Crossfit 403(gym) sessions 1-4/ max. 20

CrossFit is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide. Come get a taste of what Crossfit is about, and information on how you can get involved! This is an active session so dress appropriately (gym strip).