



# Women's Conference 2006

## *"You Can Do It!"*



*Register by February 17th and be eligible for the Early Bird Draw.  
One night accommodation for two at "The Montrose Inn", Belleville.  
This prize includes a candlelit breakfast for two.*

### February 25, 2006

Trenton Military Family Resource Centre, Siskin Centre, 50 Rivers Dr. E, Trenton  
For more information, 613-965-3595



**Keynote Speaker**  
**Triathlete, Sharon Donnelly**  
Olympian, Pan Am Gold Medallist, Commonwealth Games Team member, 3 Time Canadian Champion.

### **"Reaching Your Goals... Takes Both Body And Mind"**

Sharon will use her experiences to show you how you can set your goals, dedicate yourself to those goals and overcome the obstacles that will inevitably come. Sharon's favorite quote and one that has defined much of her sports career "Our greatest glory consists not in never falling, but in rising each time we fall."

WORKSHOPS ARE ACTIVE AND SUITABLE FOR ALL AGES AND  
FITNESS LEVELS PLEASE WEAR SWEATS AND SNEAKERS FOR THE DAY  
(The level of difficulty is indicated after every workshop description)

**8:30 – 8:45 Registration**

#### **Session 1 ; 9:00 – 9:45**

- 1. Pilates** – Strengthen your “core”, abdomen, lower back, buttocks and inner thighs. Improve your posture and breathe right. Worlds best kept secret for becoming strong and supple. **Penny Forrester** (medium)
- 2. Yoga** - Many find yoga is a perfect practice for getting and staying in shape. Tone muscles, build strength and flexibility and feel great. **Maureen Hoas** (medium)
- 3. Mitzvah** – Improve your posture. Release pain, stress and tension. Gentle body movements for all ages will increase your flexibility and movement. **Danella Hesler** [www.mitzvah.ca](http://www.mitzvah.ca) (low)
- 4. BOSU** – This ½ ball Balance Trainer is designed to integrate balance, which is the foundation of all movement, with virtually all forms of fitness to give you a fun, new and effective workout. **Lisa Refausse** (high – medium)
- 5. Tai Chi** - can perhaps best be thought of as a moving form of yoga and meditation combined. Many of these movements are originally derived from the martial arts. **Jocelyne Granger** (low)
- 6. Sculpt and Strengthen** –learn some basic principals to get you started with toning aids and weights. Take some basic programs and exercises home to practice. **Cheryl Rothenberg** (medium)

**9:45 –10 Break**

**Session 2 ; 10:00 – 10:45**

1. **NIA** is a barefoot cardio workout, combining the spirit and energy of Eastern and Western disciplines. It incorporates 9 movement forms and philosophies from the dance, martial arts and healing therapies. **Barb Phillips** [www.whisperingpinesstudios.com](http://www.whisperingpinesstudios.com) (medium)

2. **Back Power Workshop** - Almost all Canadians will experience some form of back pain in their life. This workshop will test the current physical condition of your back and supply you with techniques to strengthen, help prevent and aid in the healing of reoccurring back problems. **Todd Peart** (low)

3. **Belly Dance** – Introduction to Bellydancing. Cindy and her group of dancers will teach you some moves, tell you about the history and will bring costumes and veils and sills. **Cindy Vieau** (medium)

4. **Cardio Kick Box** – A series of self defence moves for defensive and offensive purposes, that will help with coordination, balance and strength. **Normand Belisle** (high)

5. **Hi Lo** - This class is geared to all fitness levels, and will be very user friendly regardless of your previous experience with aerobics. Lots of options for Hi or Lo, lots of energy, great music. **Lisa Refausse** (medium)

6. **Yoga-lates** – Yoga meets Pilates This combination will dee-stress your mind, strengthen your body and improve your stamina. **Alexandra Barker** [www.reliefbeyondbelief.ca](http://www.reliefbeyondbelief.ca) (medium)

**11 – 12 Keynote speaker      **Sharon Donnelly**  
12– 1 Lunch / Draw for door prizes / Visit to displays**

**1– 1:45                                  A Healthy Balance**

Frequently we equate fitness with health. This talk will discuss the pieces that we so often ignore...our mental and spiritual health. Learn little things you can do to ensure that you are achieving a healthy balance in your life. **Cheryl Rothenberg Director Health Promotions PSP**

**2 - 3:30                                  Final Bash / Everyone together at the Rec Plex**

This session is geared to all ages and fitness levels. It will be a combination of instruction, display and participation. You may join in or watch. Come and watch a performance of Cindy’s belly dance troupe, learn about and try NIA and kick boxing. (20 min each)

**Kick Box (H)                                  Belly Dance (M)**  
**NIA (M)                                                  Relax Stretch and Cool (L)**

**Registration Fee \$25 / after February 17th \$30**

Payment **must** be included with registration. Make cheques payable to Trenton MFRC. You may also register in person at the MFRC, Siskin Centre 50 Rivers Drive (Behind the new Tim Hortons, RCAF Rd.)

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_

**Telephone (H)** \_\_\_\_\_ **(W)** \_\_\_\_\_

**Email Address/ Courriel:** \_\_\_\_\_

<b>Session 1:</b>	Workshop 1st Choice Number	<input type="text"/>	2nd choice	<input type="text"/>
<b>Session 2:</b>	Workshop 1st Choice Number	<input type="text"/>	2nd choice	<input type="text"/>

Mailing address: Trenton MFRC / CFB Trenton, Box 1000 Stn. Forces, Astra, ON, K0K 3W0  
Registration last day, February 22, 2006. Fees include lunch and snacks  
Information 1-613-965-3595 / email: Lawrence.es@forces.gc.ca