



# **CURVE LAKE HEALTH CENTRE ANNUAL CONFERENCE**



*"YOUR BEST PREPARATION FOR TOMORROW IS WORKING  
ON YOURSELF TODAY"*

**WHEN:** JANUARY 17<sup>TH</sup> - 19<sup>TH</sup>, 2014

**WHERE:** CURVE LAKE COMMUNITY CENTRE

**TOPICS TO INCLUDE:** YOUTH EMPOWERMENT, SELF ESTEEM, SELF  
CONFIDENCE, BEING THE BEST YOU CAN BE AND PARENTAL  
ENGAGEMENT!!

**PLEASE JOIN US AS WE WELCOME THESE WELL KNOWN  
SPEAKERS/ENTERTAINERS TO OUR COMMUNITY!!**



**BEA SHAWANDA**

**AND NISO BRADFORD**



**DAVE JONES**

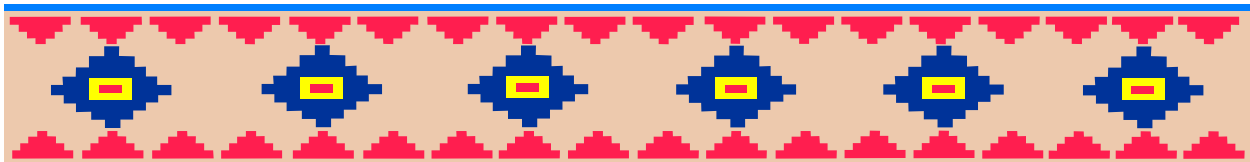
**TURTLE CONCEPTS**



**SCOTT WARD**

**HYPNOTIST**

**THERE ARE SURE TO BE SOME *AMAZING* DOOR PRIZES!! MUST BE IN ATTENDANCE ALL  
WEEKEND TO BE ELIGIBLE FOR PRIZES, WITH THE EXCEPTION OF FRIDAY EVENING  
AND THE YOUTH EMPOWERMENT WORKSHOP.**



## **AGENDA**

### **FRIDAY JANUARY 17<sup>TH</sup>**

**DINNER : 5:30 PM - 6:30 PM**

**ENTERTAINMENT : 6:30 PM - 8:00 PM**

**CURVE LAKE COMMUNITY CENTRE**

## **Hypnotist Scott Ward**

COME ON OUT FOR A KNEE SLAPPING, HAND CLAPPING,  
LAUGH YOUR PANTS OFF SHOW!!

### **SATURDAY JANUARY 18<sup>TH</sup>**

**8:00 AM - 9:00 AM - BREAKFAST**

**9:00 AM - 10:00 AM - OPENING, CURVE LAKE HEALTH CENTRE AND DAVE  
JONES OF TURTLE CONCEPTS**

**10:00 AM - 3:00 PM - BEA SHAWANDA AND NISO BRADFORD**

**COMMUNITY CENTRE**

BEA AND NISO WILL DELIVER A HIGH ENERGY SESSION THAT WILL  
SURELY TOUCH YOUR HEART. THIS SESSION IS INTENDED TO  
BOOST YOUR SELF ESTEEM AND SELF CONFIDENCE AND ENERGIZE  
YOU TO BE THE BEST YOU CAN BE.

**LUNCH WILL BE SERVED AT THE COMMUNITY CENTRE**

**10:00 AM - 2:00 PM - DAVE JONES OF TURTLE CONCEPTS**

**YOUTH EMPOWERMENT - YOUTH AGED 13 AND UP**

**CURVE LAKE SCHOOL GYMNASIUM**

BE PREPARED TO LAUGH AND LEARN WHEN DAVE JONES OF TURTLE  
CONCEPTS BRINGS THIS EXCITING SESSION ON CONFIDENCE AND  
SELF ESTEEM BUILDING. HE WILL BRING A WHOLE NEW LEVEL OF  
EXCITEMENT WHILE TEACHING YOUTH HOW TO EMPOWER  
THEMSELVES AND BE THE BEST THEY CAN BE. HE WILL INSPIRE  
AND CAPTURE THEIR ATTENTION IN A SAFE ENVIRONMENT WHILE  
THEY TALK ON A PERSONAL LEVEL ABOUT THE CHALLENGES THEY  
FACE AND HOW THEY CAN CHANGE AND BECOME STRONGER,  
HEALTHIER AND MORE CONFIDENT.

**LUNCH WILL BE SERVED AT THE COMMUNITY CENTRE**

COME ON OUT YOUTH FOR THIS EXCELLENT SESSION AND ALSO FOR  
YOUR CHANCE TO WIN SOME AWESOME PRIZES!!

## AGENDA

### SUNDAY JANUARY 19<sup>TH</sup>

**8:00 AM - 9:00 AM - BREAKFAST**

**9:00 AM - 10:00 AM - OPENING**

**10:00 AM - 2:00 PM - DAVE JONES OF TURTLE CONCEPTS**

#### **PARENTAL ENGAGEMENT**

#### **CURVE LAKE COMMUNITY CENTRE**

DAVE JONES WILL USE THIS FUN, CREATIVE AND ENERGETIC SESSION TO TEACH PARENTS HOW TO MOTIVATE AND CREATE A HEALTHY STRONG BOND WITH THEIR CHILDREN. FROM INFANCY TO UNIVERSITY, HE WILL PREPARE PARENTS TO BE READY TO SUPPORT AND ASK QUESTIONS TO ENSURE THEIR CHILD IS HEALTHY, SAFE AND ON THE "RIGHT" TRACK EMOTIONALLY. THIS SESSION WILL BE LED WITH THE FIRM BELIEF THAT OUR CHILDREN ARE LED BY STRONG EXAMPLES. THIS EXCITING SESSION WILL GET PARENTS INVOLVED AND WILL HELP THEM TO DIRECTLY LOOK AT THEMSELVES, SO THAT THEY ARE MORE AWARE OF HOW THEIR BEHAVIOURS AND CHOICES CAN DIRECTLY AFFECT THEIR CHILDREN.

ALLOW TURTLE CONCEPTS TO BRING A STRONG MESSAGE OF HOPE AND WELLNESS TO OUR COMMUNITY. WE WANT TO LEAD THE WAY TO A BRIGHTER, STRONGER AND HEALTHIER FUTURE FOR OUR CHILDREN. WE NEED YOUR HELP TO MAKE THIS HAPPEN.

*LUNCH WILL BE SERVED AT THE COMMUNITY CENTRE*

WE ASK THAT THERE BE NO CHILDREN IN ATTENDANCE AT THE SESSION, WE THANK YOU FOR YOUR COOPERATION.

**2:00 PM - 2:30 PM - CLOSING AND DOOR PRIZES**

**WE HOPE TO SEE YOU ALL THERE!!**

**PLEASE CALL THE HEALTH CENTRE TO REGISTER FOR THE CONFERENCE BY JANUARY 13<sup>TH</sup>.**

**IF YOU HAVE ANY QUESTIONS, PLEASE CALL CAMILLE MCCUE AT THE CURVE LAKE HEALTH CENTRE, 705-657-2557.**

**" IF YOU WANT TO FLY, YOU MUST FIRST GIVE UP EVERYTHING THAT WEIGHS YOU DOWN"**