

Wellness Week Program at a Glance

Monday October 20	Tuesday October 21	Wednesday October 22	Thursday October 23	Friday October 24
9:00 am - 10:00 am	9:00 am – 10:15 am	9:00 am – 11:00 am		
Living Well with Stress Dr. Gwenda Davies Requires Registration	Just for the Health of it! Pierre Chartier Requires Registration	Pension & Retirement Benefits Planning Connie Powers & Kelly Irwin Requires Registration		
	10:30 am – 12:00 pm			10:00 am – 11:00 am
	Feng Shui : An Introduction Nathalie Boivin Requires Registration			Fitness Boot Camp Tijiana Rowlands Requires Registration
11:00 am - 12:00 pm		11:30 am - 2:00 pm		
Time to Deskercize Julie Rissler Requires Registration		Wellness Fair <i>Cafeteria in D-Building</i>		
12:00 PM – 1:00 PM	12:00 PM – 1:00 PM	11:30 am - 2:00 pm		
Staff Volleyball Game Gymnasium Join regular staff members who play recreational volleyball every week at this time.	5 Km Walk/Run for Staff Z Building (beside dome) Join this regular walking & running group that meets weekly.	See booths and displays related: <ul style="list-style-type: none"> • Healthy Nutrition Choices • Dental Health • Heart & Stroke • Smoking Cessation • Cancer • Brain Fitness • Massage Therapy • Mental Health 		
1:00 pm - 2:00 pm	1:00 pm - 2:00 pm			1:00 pm – 2:00 pm
Planning for a Successful Transition to Retirement Dr. Gwenda Davies Requires Registration	Orthotics Assessments Stephen Handel Z Building (beside dome) Requires Registration			Be Well With Ourselves – Raising Awareness S. Fevez Requires Registration
				2:00 pm – 3:00 pm
				Increase your Energy Through Diet! Andrea Bartels <i>Registered Nutritionist</i> Requires Registration
		3:00 pm – 4:00 pm		
		Osteoporosis Workshop Shannon Campeau Requires Registration		

Registration: visit www.algonquincollege.com/employee-pd/workshops

Room C134 is the Professional Development Training room near the First Cup concession stand.

Presenter Profiles

Dr. Gwenda Davies

Warren Shepell Employee Assistance Program (EAP)

Gwenda Davies, draws upon over 30 years of national and international experience as a career counsellor, workshop facilitator and counsellor educator. She has an impressive track record in the Canadian counselling arena, having worked both with Federal Departments and the private sector as a career development specialist. She has developed a broad expertise in this area and has written and produced career education materials, as well as a wide variety of articles and reports on career transition and employability. She is trained in working with all populations, and can be relied on for sensitivity to diversity issues, and the variability in client response to some counselling techniques. With a doctorate in Psychopedagogy, separate Master's level degrees in Counselling and in Sociology, she is also certified in Dispute Resolution as well as in Strong Interest Inventory and in Myers Briggs Type Indicator (MBTI) interpretation. For over two decades she has counselled diverse groups of clients from high school students to senior level career public servants, and has developed and implemented programs and products to help all Canadians plan and achieve their career goals.



Julie Rissler, Fitness Instructor

Julie Rissler has worked at Algonquin College for 22 years. Presently she is a support staff member in the Police and Public Safety Institute. Julie has been a certified fitness leader for over 20 years and taught ballet for 10 years. With her combined fitness, dance and office experience, she's put together a workshop that will get that blood pumping.



Pierre Chartier, M.Sc. Exercise Physiologist Instructor, Fitness and Health Promotions Program

Pierre Chartier is a full-time faculty with the Fitness and Health Promotions program. Pierre is a past recipient of the Mall Peepre Memorial Award for significant contributions to fitness leadership in Canada. Pierre has presented at both national and international wellness conventions.



**Nathalie Boivin, Certified Feng Shui Practitioner
Registrar's Office**

Nathalie Boivin is a full-time support staff member with Algonquin's Registrar's Office. All of Nathalie's life experiences have led her to discover more and more about nature. Nathalie has studied naturopathy, homeopathy and the powerful relationship between the force of energy and the magnificent human body in acupuncture. Nathalie would like to invite you to her Feng Shui workshop and where you will receive an appreciation for this metaphysical science and learn to harness energy and use it to help specific goals in your everyday lives.



**Connie Powers, Manager, Pensions & Benefits
Kelly Irwin, Benefits Officer
Human Resources Services**

Connie Powers is the Manager of Pensions and Benefits at Algonquin and works closely with Kelly Irwin who is the Benefits Officer with Human Resources Services.

Come and join Connie and Kelly as they help you understand your pension and retirement planning benefits.

**Shannon Campeau
Certified YMCA Personal Trainer,
Honors Grad of Algonquin's Fitness & Health Promotion program**

Shannon Campeau is an honors grad of Algonquin's Fitness & Health Promotion program and works as a Fitness and Wellness Coordinator at the Fitness Zone.



**Andrea Bartels
Registered Nutritional Consulting Practitioner
Instructor, The Canadian School of Natural Nutrition**

Andrea Bartels, BA, R.N.C.P. is an Ottawa-based Registered Nutritional Consulting Practitioner with more than 12 years of combined experience in nutrition and environmental studies. She enjoys sharing her passions for food, nutrition and health as a practicing nutritionist, writer, teacher and lecturer. Andrea has acquired more than 7 combined years of professional experience working for natural food and vitamin retailers, and within clinical environments. After careful analysis of a client's needs and lifestyle, she produces dietary modifications suited to his/her health goals. Andrea's counseling successes include, but are not limited to: digestive problems, yeast problems, weight management, allergies, rheumatoid arthritis, pain and other inflammatory conditions. Andrea's holistic nutrition philosophy includes an understanding that we are not just what we eat, but what we absorb.

She emphasizes the importance of a clean diet and lifestyle that minimizes stressors and improves resistance to stressors in our daily lives. Andrea shares her passion for nutrition and the environment with students enrolled at the Ottawa branch of the Canadian School of Natural Nutrition, where she has been teaching curriculum courses on a part-time basis since 2001. She also presents health and nutrition-related workshops regularly to public and private organizations. Andrea enjoys learning and frequently attends professional seminars to remain on the cutting edge of the nutrition field."



Tijiana Rowlands

Personal Trainer & Aerobics

Instructor, Fitness and Health Promotions Program

Personal Trainer, Can-Fit-Pro PTS (Personal Trainer Specialist) and NFLAC (Aerobics).

Algonquin College Honors graduate, Recreation & Leisure Services Program (2004),

Fitness and Health Promotion Program (2007)

Tijiana Rowlands first became interested in fitness industry since she was 13 years of age. 14 years later, she is still just as passionate and enjoys motivating others to share the same enthusiasm. During that time she has received certification in the following YMCA-YWCA Personal Trainer, Can-Fit-Pro PTS (Personal Trainer Specialist) and NFLAC (Aerobics).

Tijiana is an Honors graduate from the Recreation & Leisure Services Program in 2004 as well as the Fitness & Health Promotion Program in 2007. She has much experience in the Fitness Industry working in various clubs including Curves for Women, Changes for Women, Plant Recreation Facility (City of Ottawa), Westgate Fitness Centre and has been working for the Algonquin Fitness Zone for three years as a Personal Trainer and as an Aerobics Instructor. Her enthusiasm will be sure to keep you energized!



Stephen Handels

Sports Therapy

As Head Athletic Therapist at Algonquin College, Stephen Handel assesses and treats clients from the general public as well as the varsity teams for common work and sport-related injuries such as: back pain, ankle and knee sprains, shoulder tendonitis, foot pain, etc. Stephen's workshop will answer the question: "Orthotics - What are they, and can they help me?" Find out what the benefits of having custom foot inserts are, and the variety of conditions that they can help. You are invited to join other folks in receiving information about these custom foot inserts, as well as individual orthotic assessments, to see if they are right for you.



Sam Ferez

Sam Ferez brings a fresh perspective to awareness in Wellness. Sam has been living off the grid (hydro) since 1978. He is an owner and operator of R. E. Solar systems designing and installing solar space heating, grid tie systems, power backup and off grid systems. He also installs water purification systems for drinking water.