

JUST FOR THE HEALTH OF IT!

ASRA Speed Contest

Friday, 5:00 – 7:00 p.m. – 3 ASRA Credits

One five-minute jury charge examination at 240 wpm and one five-minute Q&A examination at 260 wpm. There is no cost to enter, but you must register. Contestants must bring their own electrical power bars.

Convivial Pursuit

Friday, 7:00 – 10:00 p.m. – 2 ASRA Credits

Compete against your colleagues in this very fun, educational trivia game.

Muscular Health

Mary Wood, Orthopaedic Manual Physiotherapist

Saturday, 9:00 – 10:00 a.m. – 2 ASRA Credits

Stop “Shouldering” Yourself! Tips and Techniques to Sustain your body as Court Reporters and Captioners. Mary will provide us with useful, easy-to-implement information on the muscles of the neck, shoulders, and arms. We will learn exercises, stretches, and methods to aid in preventing injury and optimizing our abilities.

Pelvic and Sexual Health

Mary Wood, Orthopaedic Manual Physiotherapist

Saturday, 10:15 – 11:15 a.m. – 2 ASRA Credits

Pelvic Health – Improve your ability to be strong, be in control, and be sexy.

Did you know that 70% of you will have an issue with your pelvic area at some time in your life? (Painful periods, bladder urgency or leakage, low back or abdominal pain, chronic constipation, sexual pain)

In this session, you will learn about the “private” parts of the body! Learn interesting and fun ways to keep this area healthy with optimum function throughout life. Learn breathing and simple exercise from your chair. P.S. Men will learn tips from this session as well.

Super Foods Nutritional Health

Sam Peris www.nu-roots.com

Saturday, 11:30 – 12:30 p.m. – 2 ASRA Credits

This seminar will discuss the benefits of Superfoods, foods that are raw, healthy, and nutrient-dense. It will touch on foods that are especially good for quick-thinking brains. You won’t want to miss the information regarding the benefits of raw chocolate!

Holistic Nutritionist Sam Peris believes nutrition is about so much more than what we put in our mouths. It's a lifestyle, not a "diet". It's what we eat, drink, our environment, and our state of mind. The nu roots nutrition objective is to empower and educate you so that you can make appropriate health choices for you and your family.

Environmental Health

Pamela Currie

Saturday, 2:00 – 3:00 p.m. – 2 ASRA Credits

Pamela spearheaded the bag-free Canmore Campaign and will share with us some facts and statistics on plastic bags and plastic bottles. This seminar will feature some eye-opening issues that we all need to be aware of to protect our environment. And each registrant will receive a special gift to help protect our environment.

ASRA Annual General Meeting

Saturday, 3:15 – 4:30 p.m. – 3 ASRA Credits

What a thrill for us to have NCRA President SueLynn Morgan as our NCRA representative. She will inform us what is going on in the global world of court reporting and will also install the new ASRA officers and director voted in during the AGM. Your input is vital to the continued success of our association.

Reiki Rocks

Norja Vanderelst www.reiki-rocks.ca

Sunday, 9:00 – 10:00 a.m. – 2 ASRA Credits

In need of creating balance in her chaotic life in 2002, Norja completely fell in love with Reiki after taking her first level. Within seven months, she finished her master level. After a year of practicing Usui Reiki, Norja completed Karuna Reiki Master/Teacher level in early 2004 and started teaching others. Norja was entranced with the whole concept that Reiki had to offer; balancing the physical, mental, emotional and spiritual levels of our being. Norja found Reiki to be a lifestyle, and learned it to be crucial to bring all those aspects into balance.

Our physical body is an amazing machine, but it does need regular maintenance on all levels of existence. The BodyMind Nutrition Coaching is completely focused on taking the physical body out of stress, which has magnificent side effects on the mental/emotional and spiritual levels, once a few simple things (like Himalayan Crystal Salt Brine and other minerals) have been put into place. It's all interconnected.

Norja enjoys teaching all of the levels in Usui and Karuna Reiki, along with individual treatments and relaxation coaching. Discover the wonderful journey of energy work and nutrition. It's an honour for Norja to help guide others towards a path of self-discovery and joy.

Breast and Environmental Health

Julie Budgen, PBIOL, BSC www.pinkandgreenribbon.com

Sunday, 10:15 – 11:15 a.m. – 2ASRA Credits

Julie Budgen along with two young mother friends decided they wanted to change the way women think about their breast health. Taking an unconventional approach to prevention, the simple notion, "Love Your Planet. Love Your Body. Love Your Life," emerged and the Pink and Green Ribbon Health Program came to life, part of the Mary A. Tidlund Charitable Foundation. Committed to stopping cancer before it starts, these three began putting into action local initiatives designed to clean up the environment and make our communities healthier places to live. The Pink and Green Ribbon was their way to get people's attention.

Pink represents our commitment to creating **breast cancer-free communities** through promoting **healthy breast education** and focusing on prevention. And **Green** reflects our stand for addressing the **connection between the environment and women's health**.

Our presentation to the ASRA will provide information on detoxifying your body, your home and your environment. We will present our initiative and what you can do to have healthy breasts for a lifetime.

Kundalini Yoga

Sylvia Desmond-Hoare www.2hands1heart.com

Sunday, 11:30 – 12:30 p.m. – 2 ASRA Credits

Kundalini Yoga by definition is an ancient and synergistic form of yoga practiced for centuries in India and the East. It incorporates the physical, mental and spiritual aspects of yoga into a cohesive and integrated system.

Much of Kundalini Yoga was kept secret until Yogi BhaJan first came to America to teach it in 1968 and founded the 3HO Foundation. Kundalini Yoga is dynamic in its practice, vast in practical information and powerful in its experience. It is perfect for people who want both the immediate and long-term benefits of yoga and a relaxed and uplifting experience of consciousness.

You will learn and practice physical postures, breathing exercises, stress release and relaxation techniques, guided imagery and affirmations, mantras, kriyas, and meditations.

Oh Canada Eh? Dinner Show

www.ohcanadaeh.com

Saturday, 5:30 – 10:30 p.m.

We all know laughter is the best medicine! Join us for a healthy evening of good times, camaraderie, fun, and gut-wrenching laughter with colleagues, friends, and spouses.

This show is a fun, tongue-in-cheek, slapstick evening of musical comedy. More than 75 songs, written or made famous by Canadians, are brought to life by young professional actors/singers who will also serve us at our tables.

Our menu starts with French Canadian Pea Soup with fresh bread followed by Maple Walnut Salad. The main course is fresh Atlantic Haddock and Alberta Grade Eh? Roast Beef and Roasted Chicken, served with a medley of New Brunswick vegetables, oven roasted Prince Edward Island spuds. Dessert is Maple Chocolate Mania Cake. Coffee and tea complete the meal. Please let us know if you have any allergies or dietary restrictions.

Not included in the price

Soft drinks: \$1.75 per glass

Beer: \$4.50 per glass

Liquor: \$4.75 per glass

Wine: \$5.25 per glass

Gratuuity is not included in the price

We'll participate in a healthy 4-minute walk each direction from the Radisson Hotel to the theatre. Dress is comfortable and casual.

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ASRA Fall Convention

September 25 – 27, 2009

Canmore, Alberta

Three easy ways to register!

	Before August 24	After August 24
ASRA Speed Contest (240 wpm and 260 wpm)	Free	Free
All-Inclusive Registration (Includes all seminars, breakfasts, lunches, and Oh Canada Eh? Dinner Show)	\$229	\$279
Seminars Only (Includes all seminars, breakfasts, and lunches. Does not include Oh Canada Eh? Dinner Show)	\$189	\$239
Court Reporting Students (Includes all seminars, meals, and Oh Canada Eh? Dinner Show)	\$75	\$75
Oh Canada Eh? Dinner Show	\$65	\$65
ASRA Membership Renewal – (2009 – 2010) (Certified and Participating – \$125/Associate \$10)	\$125 or \$10	\$125 or \$10

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[To register online, please click here](#)

2 To register via telephone with credit card, please call Donna Gerbrandt at (403) 295-9685

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To register via mail, please complete the information below and mail to

Donna Gerbrandt, Treasurer
25 - 388 Sandarac Dr. NW
Calgary, AB T3K 4E3

Name(s): _____

Address: _____

Telephone: _____ E-mail address: _____

_____ All-Inclusive @ \$229 (After August 24 - \$279) _____

_____ Seminars Only @ \$189 (After August 24 - \$239) _____

_____ Court Reporting Student @ \$75 _____

_____ Oh Canada Eh? Dinner Show @ \$65 _____

_____ Membership Renewal Dues 2009-2010 @ \$125 (Certified/Participating)
or \$10 (Associate) _____

Total _____

Please make cheques payable to **ASRA**. VISA and MasterCard also accepted.

VISA/MasterCard Number: _____ Exp. _____