

MANITOBA RURAL  
*Women's*  
DAY 2018 

*Exploring Rural Health Care*

9:00 - 4:00 (Registration 8:15)

**West:** Virden, Tundra Oil & Gas Place (900 - 5th Ave.)

Saturday October 13, 2018

**East:** Morris, Multiplex Crocus Room (380 Stampede Grounds)

Saturday October 27, 2018

Advance Registration (Includes Lunch) \$25

**SPEAKERS:** STARS®

Regional Health Authority

Local Pharmacist

Laughing Yoga

Naturopathic Doctor

Port in a Storm

Health Researcher

For more information and to register

[www.mbwi.ca](http://www.mbwi.ca) or 204-726-7135 

*(leave a message)*



# SPEAKERS

## STARS®:

Offers time, hope and life-saving transport to critically ill and injured patients. Saving lives through partnership, innovation and leadership. Dedicated to provide a safe, rapid highly specialized emergency medical transport system for critically ill and injured.

## Prairie Mountain Health (Virden)

The Region covers a geographically large area, around 67,000 sq. kilometres. It runs east-west from Saskatchewan/Manitoba border communities like Benito, Elkhorn and Russell to Waterhen Lake, Lake Manitoba and Treherne. From north-south, the region runs from the 53rd parallel north of Mafeking and close to Dawson Bay, right down to the United States border near communities like Melita, Deloraine, Boissevain, Killarney and Cartwright.

## Southern Health (Morris)

Southern Health-Santé Sud is a designated bilingual Regional Health Authority located in southern Manitoba, covering an area over 27, 025 square kilometers wherein vibrant communities thrive including: 20 Rural Municipalities, 7 Municipalities, 4 cities, 4 towns, 1 village and 1 unorganized territory; 7 First Nation communities.

## Kaycelyn Knight

Kaycelyn is an early childhood educator, a yoga teacher and has been teaching kids yoga since 2010. She grew up in Toronto and she is an adventure seeker. She has travelled the world learning and teaching yoga. She now lives in Hamiota, Manitoba, a small rural farming community, where she is spreading the love of yoga.

## Dr. Janice Fyfe (Morris)

Janice is a licensed Naturopathic Doctor with the Manitoba Naturopathic Association and the Canadian Association of Naturopathic Doctors. She maintains a general practice with a focus on women's health. Dr. Fyfe respects the importance of patients understanding their condition and course of treatment and encourages them to participate in their care.

## Dr. Mindy Campbell (Virden)

Mindy is a Naturopathic Doctor with a practice in Brandon, Manitoba. At her clinic, Deep Roots Medicine, she works with her patients to provide solutions that move each person toward their individual, optimal state of health. She recognizes that when we feel better, we live better.

## Mark Mercure (Virden)

Mark Mercure is a Board Certified Geriatric Pharmacist and Extended Practice Pharmacist with Super Thrifty Drugs. He began his career with Super Thrifty in 2008 and worked as a relief Pharmacist for a time before becoming the Pharmacy Manager of Pharma-Medic Services in Brandon. Pharma-Medic Services proudly provided Consulting Pharmacy Services to the 5 Long Term Care Facilities in Brandon for over 40 years.

## Nathan Friesen (Morris)

Nathan graduated from U of M in 2013 with a Bachelors Degree in Pharmacy. He worked for 3 years in Steinbach both in a retail setting as well as in the hospital. He was trained in the provision of chemotherapy and provided pharmaceutical services in the Steinbach cancer care program. Nathan moved to Morris and took over as owner of the Super Thrifty Pharmacy.

## Heather Emerson Proven

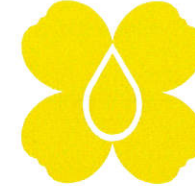
Heather is a mother of 3, grandmother of 6 and a teacher. She is the past recipient of the Lieutenant Governor's Elementary Classroom Teacher of the Year Award. She has been a board member of A Port in the Storm since 2000.

## Dr. Rachel Herron

Rachel is an Assistant Professor in the Department of Geography at Brandon University and a Canada Research Chair in Rural and Remote Mental Health. The overarching goal of her research is to work with rural communities, students, researchers and policy makers to create more supportive environments for people living with dementia and mental health conditions.

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