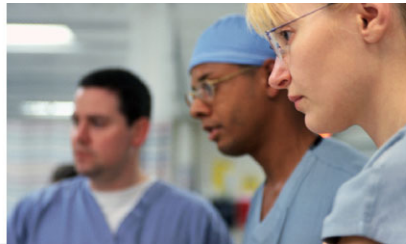
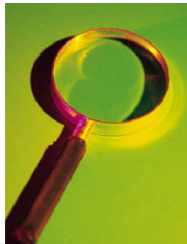


SATURDAY  
APRIL 25  
2009

Theatre "A"  
Basic Medical Sciences Building  
730 William Avenue  
Winnipeg, MB



#### GUEST FACULTY

**Mary Jane DeSouza**, PhD  
Professor of Kinesiology  
Pennsylvania State University  
University Park, PA

#### LOCAL FACULTY

**Heather Frame**, MD  
Family Physician  
Mature Women's Centre  
Victoria General Hospital

**Glen Bergeron**, PhD CAT(C)  
Associate Professor  
Department of Kinesiology  
University of Winnipeg

**Jo-Anne Peltz**, BMR PT  
Physiotherapist  
St-Boniface General Hospital

**Elizabeth Ready**, PhD  
Professor  
Faculty of Kinesiology and  
Recreation Management  
University of Manitoba

**Eleanor Stelmack**, OT Reg (mb)  
Seniors Health Resource Team  
River East Access Centre

## Stop a Thief!: Physical Activity for Bone Health

A Collaborative Approach to Osteoporosis Management

### COURSE OVERVIEW

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This course will provide an overview of the impact that various factors such as exercise and amenorrhea have on bone health. The session will feature a combination of plenary sessions and panel discussions that will allow the participant to establish effective collaborations for the prevention and management of osteoporosis.

This course will be of interest to:

Specialists and family physicians, nurses, physiotherapists, occupational therapists, kinesiologists, athletic therapists and trainers, dietitians, or other health care providers who wish to improve their knowledge base on the topic of bone health and build a collaborative approach to exercise counselling.



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Continuing Medical Education

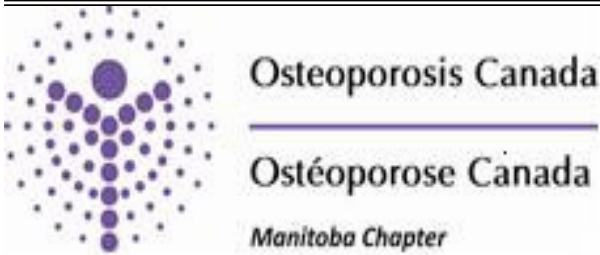


## COURSE OBJECTIVES

At the end of this course, the participant will be able to:

- quantify the impact of exercise on bone health
- understand the effect of amenorrhea on bone health
- select effective strategies for office-based counselling on physical activity
- appreciate the role of various health and exercise professionals
- establish effective collaborations for osteoporosis prevention

## PROGRAM SPONSORS



## PROGRAM

8:00 **Registration/Continental Breakfast**

8:20 **Welcome**

*Marian Kremers*

Osteoporosis Society of Canada MB Chapter

8:30 **Greetings**

*The Honourable Kerri Irvin-Ross*

Minister of Healthy Living

Province of Manitoba

8:40 **Quantifying exercise's benefit on bone Health**

*Mary Jane DeSouza*

9:30 **Office-based counselling on bone health**

*Heather Frame*

9:45 **Physical activity and bones: The role of community collaborators**

- Athletic therapy

*Glen Bergeron*

- Physiotherapy

*Jo-Anne Peltz*

- Occupational Therapy

*Eleanor Stelmack*

- Kinesiology, Fitness leaders & Manitoba Exercise Professionals Association

*Elizabeth Ready*

10:45 **Nutrition break**

11:00 **Women, exercise, amenorrhea: the impact on bone**

*Mary Jane DeSouza*

**The mature woman and bone health**

*Heather Frame*

11:30 **Panel Q & A**

12:00 **Ajournment**



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## PLANNING COMMITTEE

José François, MD CCFP Dip Med Ed  
Brent Kvern, MD CCFP  
Enid Brown, PT  
C. Ellen Lee, PhD PT Cert MDT  
Pat McCarthy-Briggs, RD MHEd  
Phillip Gardiner, PhD  
Elizabeth Ready, PhD  
Jo-Anne Peltz, BMR PT  
Elizabeth Ready, PhD  
Lori De Pauw, BMRPT MSc

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## STUDY CREDITS

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of The Royal College of Physicians and Surgeons of Canada, and approved by the University of Manitoba for a maximum of 3.0 credits.

This program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited for up to 3.0 Mainpro-M1 credits.

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## GENERAL INFORMATION

### REFUND POLICY

A registration refund will be made upon written request prior to April 10, 2009. However \$15 will be retained for administrative costs. No refunds will be made for cancellations after April 10, 2009. NOTE: Refunds are processed only on return of the original receipt. All receipts must be returned within 30 days.

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## GENERAL INFORMATION (cont.)

### CONFIRMATION OF REGISTRATION

Confirmation of registration will be in the form of an official tuition receipt. No other confirmation will be sent

### COURSE CANCELLATION POLICY

The Office of Continuing Medical Education reserves the right to cancel the course if there are insufficient registrations.

### ACCREDITATION

The University of Manitoba Office of Continuing Medical Education is fully accredited by the Committee on Accreditation of the Canadian Medical Schools (CACMS)

### FOR FURTHER INFORMATION

Office of Continuing Medical Education  
Faculty of Medicine, University of Manitoba  
S203-750 Bannatyne Ave.  
Winnipeg, MB R3E 0W3  
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