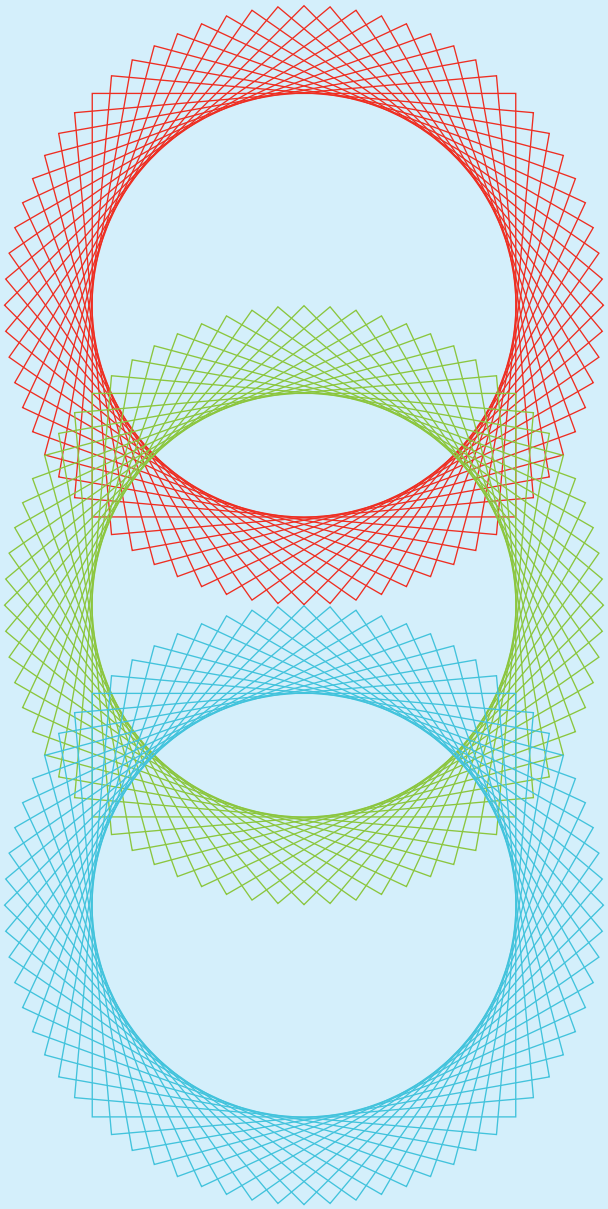

BALANCE

ACTIVE WOMEN: HOME, WORK & COMMUNITY LIFE

Sunday, September 23-25, 2012
Four Points by Sheraton, Edmonton, AB

AUPE Women's Committee
Strong Women, Strong World

Presented by the AUPE Women's Committee

BALANCE ACTIVE WOMEN: HOME, WORK & COMMUNITY LIFE

Four Points by Sheraton
7230 Argyll Road, Edmonton, AB

Out of town registration:
Sept. 23, 3:00 pm - 5:00 pm

In town registration:
Sept. 24, 7:30 am - 8:30 am

Seminar Opening:
September 24, 8:45 am

KEYNOTE SPEAKERS & WORKSHOPS

Diana Gibson
Family Day on the Treadmill

Meg Soper
Humour is One Size Fits All

Charmaine Hammond
Courageous Dialogue

Rachel Notley
Women in Politics

RETIRE HAPPY
Jim Yih, Financial Speaker

Given the demographics of baby boomers, retirement planning is on the minds of many people. Unfortunately with low savings rates, high debt levels, choppy stock markets and poor financial literacy, there is a bad case of retirement anxiety out there.

This workshop will give you hope and help you understand that retirement is about more than just money and why you may not need millions and millions of dollars to retire happy.

YOUR PIVOT POINT STRATEGY - FINDING MEANINGFUL BALANCE AT HOME AND AT WORK
Lynn Fraser, Practical Life Balance Expert

Ever feel like you're working 8 days a week? Is it a constant struggle to achieve everything on your to-do list, at home and at work? Are you spending more time with your co-workers than you are with your family? This daily balancing act is no easy feat. It's overwhelming for most and surprisingly common nowadays.

This workshop will give you valuable insight into how you can take back your life.

CLEARING CLUTTER & CHAOS
Shelly Morrison, CPO-CD

Do you fight a constant battle with clutter and feel overwhelmed with chaos in your surroundings? Change your emotional attachments and perspective towards your "stuff" by understanding why you accumulate clutter and how clutter affects you physically and mentally. Make powerful transformations in your home or work environments that will leave you feeling refreshed and motivated!

EATING FOR ENERGY
Ruth West, B.Sc., Registered Dietitian

Do you have enough energy to do the things that you want to do? If not, your choice of foods can make a difference.

At this presentation, participants will learn how a healthy diet can improve their energy level and help better manage their stress in 5 key ways.

This is a very visual presentation with demonstrations used throughout to illustrate key points. Participants will leave with practical and useable ideas to help make a healthier, more energizing diet happen for themselves and their families.

APPLICATION
Applications must be completed in full and be legible or your application may be rejected.

DEADLINE: To Local Chairs: June 11, 2012 **To AUPE HQ:** June 18, 2012

☐ Mr. ☐ Mrs. ☐ Ms. ☐ Smoker ☐ Non-smoker

Name (Please Print)

Address

City/Town Postal Code

Work Phone Home Phone Fax

Employer

City/Town Postal Code

E-Mail

AUPE Member Number Local/Chapter

ACCOMMODATIONS

AUPE will make all accommodation arrangements. (Please note that AUPE pays for double occupancy only). **Members must reside 100 kms or more away from the location offering the conference.** Members who have indicated on their registration form that they will share double accommodations with someone and later request a single room will assume the full cost of the room per night.

Dates Required:

☐ Sunday, September 23 ☐ Monday, September 24 ☐ Other, please provide reason _____

Please select one of the following:

☐ No Accommodation Required

☐ Double Accommodation – I would like to share accommodation with _____

☐ Single Occupancy (I will pay the difference)

☐ Single Occupancy (Local will pay the difference)
If Local is paying the difference for the single room, the *Local Chair must authorize by signing below:*

_____
Local Chair Signature

☐ Single Occupancy (Medical note)
If you have a medical condition that requires you to have a single room, you will have to provide a medical certificate. Please do not attach to the application, but send in a separate envelope marked "Confidential" to the attention of Leslie Davies.

I will be sending in my medical certificate ☐ *AUPE has my medical certificate on file* ☐

TRAVEL

AUPE delegates living further than 100 kms from the Four Points Sheraton will be assigned to bus travel. If you choose to drive your own vehicle, no mileage or any additional expenses will be paid by AUPE, unless authorized in the event there are acceptable extenuating reasons.

Please select one of the following:

☐ Please assign me to AUPE bus travel.

☐ I choose to drive my personal vehicle and AGREE TO BE RESPONSIBLE FOR MY MILEAGE AND ANY ADDITIONAL EXPENSES.

☐ I live within 100 km

TIME OFF REQUIRED

Please indicate your base, **hourly rate of pay (NEW)**: $ _____

Please indicate the number of **hours** required for time off each day

Sept. 23 _____ Sept. 24 _____ Sept. 25 _____ Other _____

Please indicate reason for Other: _____

SPECIAL NEEDS

Please indicate any special dietary needs, including being a vegetarian.

Please indicate any disabilities, severe allergies, or medical requirements that we should be aware of.

Please exercise moderation when wearing scented products. Pets are not allowed at the seminar due to allergies.

LOCAL TO COMPLETE

Each Local has been assigned a certain number of designated delegate to be paid at AUPE expense. If your Local wishes to send more than their allotted delegates, you may do so but at Local expense. If you have any additional members you wish to send at Local expense, please assign them a number in order of preference (1 indicates first choice delegate). The number of delegates that will attend at Local expense will be dependent on the amount of space available.

Local Chair, please select one of the below.

- ☐ Designated Delegate to be paid at AUPE Expense
- ☐ Delegate____ (to attend at Local expense if not selected as a Delegate at AUPE expense)
- ☐ Alternate ____ (only to attend at AUPE expense if selected)

Local Chair, please sign below to indicate that the Local has read and accepted this application

Local Chair Signature _____ *Date* _____

Members send application to Local Chairs by June 11, 2012

Local Chairs send applications to

Leslie Davies, Conference Registrar, by June 18, 2012:

AUPE Headquarters
10451-170 Street NW
Edmonton, Alberta
T5P 4S7
Phone: 780-930-3401
Toll-free: 1-800-232-7284 (press 1)
Fax: 780-930-3434
Toll-free fax: 1-888-388-2873

www.aupe.org

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