

# South Okanagan Similkameen Brain Injury Society

## EDUCATION DAY

FRIDAY, JUNE 5, 2009 8:30 AM – 4:00 PM

*Presenting:*

Linda Schaumleffel – *Brain Fitness*

Dr. Niall Davidson – *Secondary Stroke Prevention*

Jill Shelley-Ummenhofer – *Eating for Brain Health*

AT

Penticton Lakeside Resort

21 Lakeshore Drive West, Penticton, BC

## REGISTRATION FORM

(No Charge)

Name: \_\_\_\_\_

Address \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Organization: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

**Please register either by mail, fax or email by May 29, 2009**

- Please indicate if you are staying for lunch (no charge) yes \_\_\_ no \_\_\_



#2 – 996 Main Street, Penticton, BC V2A 5E4

Please contact: 250-490-0613 for more information.

Email: [sosbis@vip.net](mailto:sosbis@vip.net) Website: [www.sosbis.com](http://www.sosbis.com) Fax: 250-490-3912

# S.O.S.B.I.S. Education Day

## June 5, 2009



*Linda Schaumleffel*

**Presents:**

### ***Opportunity at Every Bump in the Road. The 7 Simple Keys to Success.... No Matter What!***

Get ready to be inspired by Olympian and brain injury survivor, Linda Schaumleffel. Linda is a dynamic speaker and gifted teacher. She empowers people who strive for improvement, through speaking & delivering customized programs. She is a pioneer of Brain Fitness. Her real life stories and eloquent perception will have you on the edge of your seats, laughing, crying, and moved to make a fresh start with renewed hope. Linda loves to lead by example, and strives to have fun while doing it.

*"Until you try, you don't know what you can do!" Henry James  
"It's kind of fun to do the impossible." Walt Disney*



*Dr. Niall Davidson*

## **Secondary Stroke Prevention**

Dr. Davidson received his Fellowship from the Royal College of Physicians of Canada in Neurology at the University of Manitoba in Winnipeg. Dr. Davidson is a Consultant Neurologist at the Penticton Regional Hospital and the Medical Director of the Penticton Regional Hospital EEG Laboratory. He provides Neurology service to the South Okanagan Health Service Area.

Secondary Stroke Prevention is an important aspect of the care for all stroke patients. Dr. Davidson will provide insight into the Best Practice Guidelines and the latest evidence surrounding Secondary Stroke Prevention treatment.

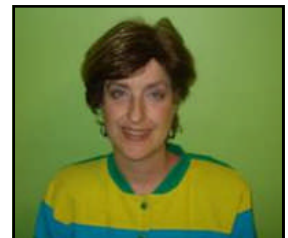
## **Eating for Brain Health**

Education: BSc. in Dietetics 1987 U.B.C., Internship 1988 Vancouver General Hospital, Masters of Education 2000 University of Northern British Columbia, Diabetes Educator Designation 2005.

Experience: Sole charge Clinical Dietician in Williams Lake for 12 years at the Cariboo Memorial Hospital and the Community Diabetes Program. Clinical Dietician for 10 years at the Penticton Regional Hospital and at the Integrated Health Center. At present I am working in the areas of renal disease, diabetes and heart health.

Interests: Spending time with my family, taking interesting camping trips, cross country skiing, hiking and avoiding vacuuming. I do have a keen interest in brain health since having a brain tumour at the age of 25 and coping with my subsequent recovery.

*Jill Shelley-Ummenhofer*



*"Be kind, it comes  
back to you"*

# Friday, June 5, 2009

8:30 AM

**REGISTRATION**

8:50 AM

**WELCOME & OPENING REMARKS**

9:00 AM

*Linda Schaumleffel*

**KEYNOTE SPEAKER:**

**OPPORTUNITY AT EVERY BUMP IN THE ROAD.  
The 7 Simple Keys to Success..... No Matter What!**

10:30 AM

**BREAK**

11:00 AM

*Dr. Niall Davidson*

**SECONDARY STROKE PREVENTION**

Secondary Stroke Prevention is an important aspect of the care for all stroke patients. Dr. Davidson will provide insight into the Best Practice Guidelines and the latest evidence surrounding Secondary Stroke Prevention treatment.

12:30 PM

**LUNCH**

1:30 PM

*Jill Shelley-Ummenhofer*

**SUPPORTING BRAIN HEALTH THROUGH FOOD, FUN, AND FRIENDS**

A discussion of proper nutrition, physical activity, mental activity, and social engagement.

2:30 PM

**BREAK**

2:45 PM

*Linda Schaumleffel*

**WORKSHOP: Introduction to Power Brain Fitness:  
Specific Fun & Games are the Key to New Brain Growth**

Play along with Linda! Discover the principles behind Power Brain Fitness. Learn how you can adapt this program to any of your clients. Laughter inevitable. Value guaranteed. For background material visit [www.powerbrainfitness.com](http://www.powerbrainfitness.com) and ask for FREE REPORT.

3:45 PM

**CLOSING REMARKS**