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Jan/Feb 2008
Volume 11, Issue 1



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To provide healthcare professionals with job opportunities, continuing education, new products, resources, and editorials to help them succeed in their careers.

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New Year's resolutions: What's the point in making them if we can't keep them?

How many of us make New Year's resolutions in good faith and find that we don't make it beyond the first of February? If you fall into this category, you are not alone! According to Parker (2007), writing for the New York Times, the time management firm of Franklin Covey polled more than 15,000 customers about their planned New Year's resolutions. They found that four out of five people who made resolutions on New Year's Eve will eventually break them. Of those a third would succeed in breaking them before the end of January! (Parker, 2007)

The Wikipedia Encyclopedia (where no sources are cited), defines a New Year's resolution as, "a commitment that an individual makes to a project or a habit, often a lifestyle change that is generally interpreted as advantageous. The name comes from the fact that these commitments normally go into effect on New Year's Day and remain until fulfilled."

The New Year resolution tradition goes back to ancient times. Four thousand years ago the first recorded resolutions were made by the Babylonians. The most common one was to return any borrowed farm equipment because the New Year corresponded to the beginning of the farming season. In early Roman times, Janus a mythical king, obtained a place at the head of the Roman calendar. Because he had two faces he could look back to the past and ahead to the future. This king became the symbol for resolutions while many Romans looked for forgiveness from their enemies, took stock of the past and resolved to do better in the future. As well, ancient resolutions were not just part of the culture of western countries. The Chinese typically set the special resolution to clean their houses. Once the New Year came Chinese houses were cleaned from top to bottom as the way to usher it in. (Clayton, 2007)

It was found in the Franklin Covey study cited by Parker that the top resolutions were ones that have been noted as the most common for many years. These are: get out of debt; save more; lose weight; quit smoking; exercise more; get organized; and spend more time with family. When asked why the resolutions were broken, nearly 40% of the respondents said that there were too many other things to do while 33% said that they really weren't committed to them in the first place. (Parker, 2007)

When millions of people around the world undertake a behavior change program starting on the same day behavioral scientists often fail to take advantage of this "research convenience" says John Norcross, a psychology professor at the University of Scranton. He contends that the making of resolutions provides a perfect setting for studying self-initiated behavior change. (Dingfelder, 2007). Summarizing studies conducted by Norcross, Dingfelder reported that neither type of resolution nor age and gender predicted success. However, the successful resolution makers deliberately used strategies such as stimulus control, reinforcement or behaviorally contingent rewards (the example given for stimulus control was avoiding a smoky bar after resolving to quit smoking). As well, success was linked to self-efficacy, (the belief that one can effect and maintain change).

Schwarz (1997) looked at a study that identified the factors that are best in predicting success in keeping New Year's resolutions. The researchers, Alan Marlett and Elizabeth Miller, focused on health related resolutions. In general they found that self-confidence in the person's ability to change behavior and treating the making of resolutions as a process rather than a one time effort are the keys to success. More practical tips

See Editorial page 4



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For more information regarding the above programs and career opportunities, please visit www.carewest.ca.



Prominent Canadians Champion the Nursing Profession

OTTAWA, September 21, 2007 - A group of accomplished Canadians will champion nurses and the nursing profession during the Canadian Nurses Association (CNA) centennial in 2008. "The individuals - experts in the fields of health policy, the environment, public affairs, leadership, business, media and entertainment - will volunteer their skills and knowledge to advance the important role of nursing in improving the health system and quality of life for the benefit of all Canadians," said Dr. Marlene Smadu, president of CNA. As members of the CNA Centennial Leadership Cabinet, they will also help celebrate the contributions of Canada's 250,000 registered nurses at events throughout CNA's 100th anniversary year.

The Leadership Cabinet members are:

- Ms. Susan Aglukark, OC, singer and songwriter;
- Mr. Paul Brandt, country music star and former pediatric nurse;
- Mr. Mike Duffy, national political affairs journalist;
- The Honourable Jake Epp, chairman of Ontario Power Generation and former federal minister of health;
- Dr. Paul Genest, president and CEO, Council of Ontario Universities
- The Honourable Michael Harcourt, former premier of British Columbia
- General Rick Hillier, Chief of the Defence Staff;
- The Honourable Anne McLellan, counsel, Bennett Jones, and former deputy prime minister and federal minister of health;
- Ms. Farah Mohamed, vice-president, public affairs and community engagement, VON Canada
- Ms. Barbara Oke, RN, special adviser, nursing, Health Canada;
- Dr. Ginette Lemire Rodger, OC, RN, vice-president professional practice and chief nursing executive, Ottawa Hospital;
- Dr. Robert Slater, former assistant deputy minister, Environment Canada; and
- Mr. Jeff B. Smith, managing director, Johnson & Johnson Inc.

Many of the cabinet members have had recent personal experience with the health system. "Nurses played a pivotal role in my rehabilitation and recovery after the near-fatal fall I suffered," said Mr. Harcourt. The former B.C. premier sustained life-threatening injuries and partial paralysis when he fell from a cliff six metres high in 2002.

"Whether in the Canadian Forces' uniform or in civilian garb, our nurses have cared for, comforted and helped heal our nation's heroes

- they are often quiet heroes themselves," said Gen. Hillier, noting that, "nurses have served in every major conflict Canada has been involved in from the World Wars through to current operations in Afghanistan."

"In First Nations and Inuit communities, nurses are the main health providers. Their expertise and commitment assures access to health-care services," stated Ms. Aglukark. "In many of our communities, nurses support individuals and their families through trauma and life-threatening illnesses. Nurses save lives day after day."

CNA will use its centennial year to address the concerns of Canadians about access to health services through initiatives aimed at increasing public awareness about the scope of practice for nurses, improving morale among nurses, attracting new people to the profession and increasing funding for nursing education, research and practice.

"Increasingly, rural communities are coming to rely on nurse practitioners to help meet their primary health care needs, such as annual check-ups, the ordering of diagnostic tests and referrals to specialists," said Mr. Epp, who

See *Prominent Canadians* page 7



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Email: mgtprog@mcmaster.ca Website: www.leadershipandmanagement.ca

to support success that were derived from the study include:

- Have a strong commitment to change;
- Have a ready supply of coping strategies should problems arise; and
- Keep track of progress because more monitoring leads to increased feedback which supports success.

Ways to assure failure include:

- Making resolutions at the last minute;
- Making resolutions on New Year's eve based on what was worrying the person at the time; and
- Framing your resolutions as absolutes by saying 'I will never do X again'. (p.2)

While the study reported in this article was conducted in 1997, more recent research supports the findings. For example Professor Richard Wiseman of the University of Hertfordshire tracked 3,000 people and found that approximately 12% actually achieved their resolutions. Those who were successful set specific goals, planned ahead, told others about what they were doing and picked resolutions that, if achieved, were advantageous to their health. (Psychologist studies New Year Resolutions., 2007)

Health professionals and providers are in a unique position to support clients in both the making of New Year's resolutions and achieving success. As well, we have the opportunity to lead by example in this process. Marlett suggested in the 1997 study that we should, "take credit for success but it is a mistake to blame yourself if you fail" (p.2). For those of us who are in the category mentioned in the first paragraph of this editorial and know that there is a point in making New Year's resolutions, perhaps it is time to start planning for next year! In the meantime, HAPPY NEW YEAR to all our readers.

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Go to www.employment.gov.yk.ca for more information or contact Tracey Maher at (867) 667-8389 or Tracey.Maher@gov.yk.ca.

Quoting the competition number, please submit your resume/application to: Yukon Government, Public Service Commission, Box 2703, 2071 - 2nd Avenue, Whitehorse, Yukon Y1A 2C6 Tel: (867) 667-5653 Fax: (867) 667-5755 E-mail: resume@gov.yk.ca



We thank all those who apply but only those selected for further consideration will be contacted.
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Medflight Air Ambulance is accepting resumes for Flight Nurses for its base in Yellowknife

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Did You Know...?

This issue of **HEALTHbeat** spans more than one month. As usual, this column consists of "editor's picks" of the news items that have come to me since the November/December issue went to the publisher. Much of the news comes from the technology sector but there is a bit about healthy living that may be of interest.

Did you know that...

OTTAWA – VON Canada and the Erie St. Clair Community Care and Access Centre are pleased to announce the launch of an innovative chronic disease self-management program called Stay @ Home. The first phase of the program, in the Chatham-Kent region of Ontario, is aimed at 20-25 individuals with diabetes who are at risk of hospitalization or emergency room visits.

TORONTO – Wellocities, a joint effort by people living with diabetes, scientists, healthcare professionals and business leaders, is now up and running. It can be accessed at: www.wellocities.com. The online resource is designed to provide Canadians living with diabetes with a quick, free and easy way to find out about the status of their condition, what they need, and who can help them on their journey with the disease.

EDMONTON – Diabetes Compass has announced the launch of Canada's only online audio diabetes health education classes for persons who live with diabetes or prediabetes. Canada is struggling with a rapid, uncontrolled escalation of diabetes of epidemic proportion. More than two million Canadians live with diabetes, while an estimated four million Canadians have prediabetes.

VANCOUVER – Almost 25% of patients admitted to the internal-medicine ward of British Columbia's largest hospital are there because of sickness brought on by adverse drug reactions, a new study has found. And Peter Zed, a clinical pharmacist and lead researcher, says he expects similar results from a follow-up look at emergency cases that has just been completed.

TORONTO – To encourage government action on the National Pharmaceuticals Strategy (NPS), the Health Council of Canada has released Safe and Sound: Optimizing Prescribing Behaviours. It's a summary report containing information and advice gathered at a policy symposium the Council held in Montreal June 12-13.

TORONTO - Advocates of raw, unpasteurized milk were again pleading their case at the Ontario legislature but the province said it won't budge on its position that it's simply not safe for consumption. Lovers of so-called "farm-fresh milk" said they would continue to enjoy it anyway and warned that the province

could find itself dealing with a health crisis if a booming underground economy isn't regulated. Farmer Michael Schmidt, who provides raw milk to 150 families and has been doing so for 12 years, visited the legislature to mark the one-year anniversary of an armed police raid on his property for allegedly operating a milk plant without a licence.

Health Canada warns Canadians on its website that raw milk could contain several different kinds of bacteria such as salmonella, E. coli and listeria, and could lead to serious health conditions including kidney failure, miscarriage or death. But the legions of raw milk advocates say farmers have been drinking it for centuries and if the province tested and certified farms and cattle, the public could safely enjoy it without worry.

Without stringent regulations in place, people will continue to drink raw milk but could end up falling ill if they get it from a farm that doesn't use the best, safest practices, they add.

New (provincial) Conservative member Randy Hillier had previously supported Schmidt's crusade as the president of the Ontario Landowners Association, but on Wednesday, he pledged to use his position in the legislature to continue the fight.

EDMONTON - A lack of child care, poverty and pregnancy are often barriers to women who need treatment for drug, alcohol or tobacco addictions, a national substance abuse conference heard Sunday. Nancy Poole, a researcher for the British Columbia Centre of Excellence for Women in Vancouver, told more than 100 delegates at the conference's opening session that women need specialized harm reduction and treatment programs to meet their unique needs, Poole said. "A huge obstacle was the lack of recognition for the need for women-specific and women-centered responses and real commitment to action on that," she said.

And finally from the CIHI "Did You know" fact sheet...

Did You Know?

About one in five physicians in Canada was internationally educated.

Did You Know?

About 1 in 10 of employed Canadians works in health and social services.

Did You Know?

Seventy percent of women in Canada aged 50 to 69 report having received a mammogram within the last two years.

Did You Know?

Neurological conditions account for about 10% of total years of life lost because of premature mortality.

Can you hear the ocean?
Can you smell the salty air?
Missing the Maritimes?



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Recognizing Special Dates in February and March 2008

These are the February and March calendars of annual health observances and recognition dates for healthcare. Health observances are days, weeks, or months devoted to promoting particular health concerns. This information will come in handy for community relations programs as well as employee appreciation events. Health professionals, hospital staff and community groups can use these special times to sponsor health promotion events, stimulate awareness of health risks or focus on disease prevention.

The calendars (that have been edited) were obtained from www.pohly.com/dates.

February Observances 2008	Dates
AMD / Low Vision Awareness Month	1-29
Burn Awareness Week, National (1st full week)	3-9
Cardiac Rehabilitation Week, National (Valentines week)	10-16
Cardiovascular Professionals Week (Valentines week)	10-16
Child Passenger Safety Week, National (2nd week)	10-16
Children's Dental Health Month, National	1-29
Children of Alcoholics Week, National (2nd week)	10-16
Condom Week, National (Valentines week)	10-16
Congenital Heart Defect (CHD) Awareness Week (7 day before Valentines)	7-14
Donor Day, National (Valentines)	14
Duchenne Muscular Dystrophy Awareness Week (2nd week)	10-16
Eating Disorders Awareness Week, National (last Sunday)	24-March 1
Heart Month, American	1-29
Wear Red Day, National (1st Fri)	1
Women's Heart Health Day, National (3rd Fri. of Feb.)	15

March Observances 2008	Dates
American Diabetes Alert Day (4th Tuesday)	25
American Red Cross Month	1-31
Safe Spring Break - Good 2 Go	varies
Brain Awareness Week (Mon. of 2nd full week)	1-16
Chronic Fatigue Syndrome Awareness Month, National	1-31
Colorectal Cancer Awareness Month, National	1-31
Doctor's Day (last Tuesday)	25
Eye Donor Month, National	1-31
Hemophilia Month	1-31
Inhalants and Poisons Awareness Week, National (3rd week)	16-22
Kick Butts Day	31
Kidney Month, National	1-31
Mental Retardation Awareness Month	1-31
Multiple Sclerosis Education & Awareness Month	1-31
Nutrition Month, National	1-31
Patient Safety Awareness Week, National (1st week)	2-8
Poison Prevention Week, National (3rd week)	16-22
Problem Gambling Awareness Week (begin 2nd Monday)	10-16
Pulmonary Rehabilitation Week, National (2nd full week)	9-15
Professional Social Work Month, National	1-31
Save Your Vision Month	1-31
School Breakfast Week, National (1st School Week)	3-7
Sleep Awareness Week, National (last Monday week)	31- Apr 6
Sports Eye Safety Month	1-31
Tuberculosis Day, World (24th)	24
Workplace Eye Safety Month	1-31

*Days weeks or months marked "National" refer to the United States. Many of these are also observed in Canada and are included here for information.



Faculty Positions

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If you have energy, drive and enthusiasm and want to make a difference in nursing education and health care, contact us to discuss teaching opportunities at Red Deer College.

Check out our website www.rdc.ab.ca for upcoming postings and to sign up to be notified of all our future postings.

Our Vision and Mission:

- Our Vision — To be the leading comprehensive college serving learners and communities through excellence and innovation.
- Our Mission — The people we serve will have a foundation of knowledge and skills which enables them to develop to their full potential.

We're Growing!

- The largest growth project in our history is underway! Major expansions in facilities, learning programs, services to students and financial supports to learning are integral to our growth. The process to become a degree granting institution is also underway with plans to offer exciting new degrees.
- We continue to offer a diverse selection of programs including applied degrees, degree completion, university transfer, certificates and diplomas, academic upgrading, trades and industrial training, distance learning, continuing and part-time learning, as well as international learning opportunities.

For more information on Red Deer, visit:
www.tourismredder.net
www.reddeer.ca

Human Resources
Red Deer College
Box 5005 Red Deer
Alberta T4N 5H5
Fax: (403) 342-3161
Email: hro@rdc.ab.ca



At Red Deer College we are proud to be...

growing learning living our values

Alberta and Ontario Careers, International Nurses

represented the riding of Provencher, Manitoba, as a member of Parliament. From his perspective as a business leader, Mr. Epp said, "Nurses make important contributions to a healthy workforce and the economic prosperity of our society as a whole."

"Investing in nursing education is an investment in the future of Canada's health system," said Dr. Genest, president of the Council of Ontario Universities. "Our aging population is putting new pressures on health-care delivery. Schools of nursing are committed to expanding to address the current and future nursing shortage. But they are struggling with insufficient operating funding and a lack of quality clinical placements. I am excited about this opportunity to work with CNA to increase awareness of the critical role of nursing and to explore effective ways of expanding enrolment levels to meet the rising demand for nursing care."

CNA is the national voice for registered nurses, advancing the profession and shaping health policy through innovation and research. "Representing the largest group of health professionals in Canada, CNA has a critical role to play in developing strategies to reduce wait times for health services. I share the view of CNA that innovation is also key to effectively responding to the health needs of our aging Canadian population," said Ms. McLellan. "It is truly an honour to support this work and our nurses."

"As a Leadership Cabinet member for the 100th birthday of the CNA, I look forward to promoting the nurses and the difference they make to communities across the country," said Mr. Smith.

"Having worked in my first career as a nurse, I know how demanding the job is and the positive difference nurses make in the lives of their patients and their families," said Mr. Brandt. "From life's start, to life's end, there is always a nurse."

Dr. Lemire Rodger said, "CNA's centennial has the

potential to be an important year in increasing public understanding of the vital role nurses play in the health system. Not many people realize that nurses make many decisions that have life-and-death consequences in very specialized areas in hospitals each day. Through skilled monitoring of patient conditions, timely clinical interventions, patient education and groundbreaking research, nurses play a critical role in positive patient outcomes."

Programming for CNA's centennial will focus on three themes: celebrating a century of leadership, investing in the future and advocating for a healthier environment. As a member of the Leadership Cabinet, Dr. Slater will assist CNA in increasing public policy attention on the effects of environmental issues like climate change on the health of Canadians.

The role of Canadian nurses has expanded over the last 100 years. Nurses have specialized knowledge that enables them to provide advice and treatment for people across the spectrum of care, including cardiac and cancer care, maternal and child care, intensive care and home care. Nurses also coordinate research, administer hospital and health clinics, and lead public health initiatives. Nurses can be found working in schools, war zones, remote rural areas, prisons and homeless shelters, as well as in hospitals, long-term care facilities and doctors' offices. "In lending their support, the Leadership Cabinet is promoting the evolving and integral role nurses play in charting the course for a stronger and more vibrant health system for Canadians," said Dr. Smadu.

The following information has been reproduced directly from the Canadian Nurses Association special centennial web pages (www.cna-aiic.ca/centennial/default_e.aspx) The centennial pages can also be reached through the main site www.cna-nurses.ca.



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- Market your vacancies and community to over 300 candidates
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KATHRYN MACDONALD, CCIC IS A FULL MEMBER OF CANADIAN SOCIETY OF IMMIGRATION CONSULTANTS (CSIC)



LIVE, WORK AND PLAY

IN NORTHERN ONTARIO'S JAMES BAY FRONTIER

Serving a combined population of 10,000 in the communities located on the western shore of the James Bay in Northern Ontario, the **James Bay General Hospital** operates a Health Centre in Moosonee and two outpost hospitals located in Fort Albany and Attawapiskat. The **Weeneebayko General Hospital** is a fully accredited acute care facility in Moose Factory.

We are seeking dynamic, self-directed and motivated professional health providers. You can call the James Bay area in Northern Ontario home if you are interested in excellent career opportunities, rewarding professional experience, ongoing educational opportunities and competitive financial benefits.

Enjoy the experience of living in a northern community – you can make a difference! Not only will you find a wide choice of unique activities but you will also discover a land of stunning natural beauty, rich in the cultural heritage of the Cree people.

TRANSFORM YOUR HEALTH CAREER into an enriching and challenging experience, with both personal and professional growth.

Please contact our HR Departments for further information on the positions available, location, wages and work descriptions.

Human Resources Department, James Bay General Hospital

P.O. Box 370, Moosonee, ON P0L 1Y0
Tel: 705-336-2947 ext. 25 Fax: 705-336-2637
email: hr@jbgh.org website: www.jbgh.org

Human Resources Department, Weeneebayko General Hospital

PO Box 34, Moose Factory, ON P0L 1W0
Tel: 705-658-4544 ext. 2327 Fax: 705-658-4917
email: della.miller@wha.on.ca website: www.wha.on.ca



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ASPEN REGIONAL HEALTH is a dynamic and progressive region that is geographically situated in the centre of the province of Alberta and offers a full range of health services to more than 118 communities. Our staff members enjoy a relaxed rural lifestyle, spectacular recreational opportunities, a diverse and expanding economy, and easy access to the best scenery in Alberta.

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www.aspenrha.ab.ca

FIGHTING FAT AFTER THIRTY

A SEMINAR FOR NURSES: 6 HOURS CREDIT

Seminar registration is from 7:45 AM to 8:15 AM. The seminar will begin at 8:30 AM. A lunch break (on your own) will take place from approximately 11:30 AM to 12:20 PM. The course will adjourn at 3:30 PM, at which time course completion certificates are distributed.

PROGRAM

Stealth Fat: How to Recognize the Enemy and Destroy It!

- Obesity: A Crisis of Epidemic Proportions.
- Outwitting the Female Fat Cell: Hormonal Influences on Body Fat and How to Overcome Them.
- The Physiology of the Fat Cell: Weight Loss and Weight Regain: How Fat Cells Expand.
- Holiday Weight Gain: How Significant Is It? What to Do About It.
- Overweight or Overfat? Body Composition Analysis through Bioelectrical Impedance, Fat Calipers and Scales.
- Liposuction: Health Risks and Benefits.

Food for Fighting Fat: How to Eat and Still Lose Weight.

- The Skinny on High Protein Diets: "Atkins," "Sugar Busters!," "Protein Power," "The Zone," and "South Beach."
- The Paleolithic Diet: Will Eating Like Our Ancestors Result in Weight Loss?
- Carbohydrates: Do They Satisfy or Increase Cravings? How Important Is the Glycemic Index? Insulin Resistance, Syndrome X and Obesity.
- Effect of Carbohydrate Snacking on Oral Health.
- Sugar Substitutes: Do They Work? Aspartame, Acesulfame, Stevia and Sucralose. Oral Health and Body Fat Benefits.
- Dietary Supplements: 5-Hydroxytryptophan, Tonalin, Celastrol and Chromium, Coenzyme Q-10, and Oral Health Benefits.

Physical Feats for Fighting Fat

- The 20-Minute Work Out: Finding Time in a Hectic Day.
- Finding the Motivation to Work Out: Friendship, Pets and Pounding the Pavement.
- Weight Training: Disease Prevention and Health Promotion.
- Walking Your Way to Better Weight.
- Stress Reduction through Exercise: Physical and Mental Benefits.

Psychological Correlates of Appetite and Weight Control

- The Stress Cascade: Norepinephrine, Cortisol and Appetite
- Breaking the Stress-Related Eating Cycle: Behavioral Interventions that Work!
- Conquering Food Cravings and Addictions: Chocolate, Caffeine, Sugar, White Flour, and Fast Food.
- Maintaining Body Weight: A Lifetime Goal of Healthy Eating.
- The Simple Strategy of Portion Control.
- Four Common Clinical Conditions and How They're Related: Obesity, Depression, Chronic Pain, and Sleep Deprivation.

MEETING TIMES & LOCATIONS

EDMONTON, AB

Tue., Apr. 22, 2008
8:30 AM to 3:30 PM
Edmonton Marriott
300 E. Lapotac Blvd.
Enoch, AB

CALGARY, AB

Wed., Apr. 23, 2008
8:30 AM to 3:30 PM
The Glenmore Inn
2720 Glenmore Trail SE
Calgary, AB

EDMONTON, AB

Wed., May 7, 2008
8:30 AM to 3:30 PM
Edmonton Marriott
300 E. Lapotac Blvd.
Enoch, AB

CALGARY, AB

Thu., May 8, 2008
8:30 AM to 3:30 PM
Calgary Stampede
1410 Olympic Way SE
Calgary, AB

INSTRUCTORS

Dr. Beverly White (Ph.D., R.D.) obtained her doctorate in nutrition from Oregon State University. Dr. White holds a degree in dietetics from the University of California at Davis and a masters degree in nutritional sciences from San Jose State University. To acute and long-term care facilities, Dr. White has provided nutritional counseling services. She has also worked as a clinical dietician.

Dr. Laura Pawlak (Ph.D., R.D.) undertook her graduate studies in biochemistry at the University of Illinois, where she received her masters and doctoral degrees. Author of 22 scientific publications and many academic books, she conducted her postdoctoral research in biochemistry at the University of California San Francisco Medical Center.

Biomed reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of Biomed.

ACCREDITATION INFORMATION

This program is designed to provide nurses with the latest scientific and clinical information and to upgrade their professional skills. Numerous registered nurses in Canada and the United States have completed this course.

Biomed's parent organization, the INR (Institute for Natural Resources) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

INR has been accredited as a continuing education provider by the California Board of Registered Nursing (CEP #06136), the Florida Board of Nursing (#50-3026-1), the Iowa Board of Nursing (#288), and the Kansas Board of Nursing (#LT0140-0927).

For all inquiries, please contact customer service at
1-877-246-6336 or (925) 602-6140.

TUITION

\$109.00 (CANADIAN)/\$105.00 (USA) per person with pre-registration or \$134.00 (CANADIAN)/\$134.00 (USA) at the door if space remains. The tuition includes all applicable Canadian taxes. At the seminar, participants will receive a complete course syllabus. Tuition payment receipt will also be available at the seminar.

TO REGISTER

Please complete and return the registration form below. Or register toll-free with Visa, MasterCard, American Express® or Discover® by calling **1-888-724-6633**.

REGISTRATION INFORMATION

Please register early and arrive before the scheduled start time. Space is limited. Attendees requiring special accommodation must advise Biomed in writing at least 45 days in advance. Registrations are subject to cancellation after the scheduled start time. A transfer at no cost can be made from one seminar location to another if space is available. Registrants cancelling up to 72 hours before a seminar will receive a tuition refund less a \$35.00 (CANADIAN)/\$35.00 (USA) administrative fee or, if requested, a full-value voucher, good for one year, for a future seminar. Other cancellation requests will only be honored with a voucher. Cancellation or voucher requests must be made in writing. If a seminar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. A \$35.00 (CANADIAN)/\$35.00 (USA) service charge applies to each returned check. Fees are subject change without notice.

Please check course date:

- ___ Tue., Apr. 22, 2008 (Enoch/Edmonton, AB)
- ___ Wed., Apr. 23, 2008 (Calgary, AB)
- ___ Wed., May 7, 2008 (Enoch/Edmonton, AB)
- ___ Thu., May 8, 2008 (Calgary, AB)

PLEASE RETURN FORM TO
Biomed
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101-1001 West Broadway
Vancouver, B.C. V6H 4E4
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___ Charge the amount of \$105.00 (USA) to my ___ Visa ___ MasterCard ___ American Express® ___ Discover®
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Signature: _____

Please send me directions showing how to reach the meeting site.

REGISTRATION FORM

(This registration form may be copied.)