



**WHAT: Professional Development Conference  
Navigating the Future**

**WHEN: May 31 – June 1, 2018**

**WHERE: Banff Centre for Arts & Creativity  
Banff, Alberta, CA**

Proudly presents:

## **Barb Bancroft, RN, MSN, NP** “To Your Health!”

Most of us are so focused on workplace issues and taking care of others, that we neglect to consider our own health as a priority. In this highly entertaining and educational presentation, Barb Bancroft will discuss the most important health concerns in today's workforce and the implications of self-management. Topics include the use of humor, exercise, and sunlight in boosting the immune system, how to prevent cardiovascular disease with therapeutic lifestyle changes as well as targeted therapies, stress reduction techniques, and the importance of regular check-ups with your health care professional. Barb cleverly incorporates the latest findings on dietary influences and how to easily incorporate changes into your everyday routine.

You will not only leave the seminar laughing your way to a healthier lifestyle, but you will take home practical pearls for your personal health maintenance.



**Barb Bancroft, RN, MSN, NP**, is baaack! Barb has provided more than 2500 continuing education events on clinical topics pertaining to pathophysiology, physical assessment, and pharmacology to health care professionals throughout the United States and Canada, including the AOHNA seminar in years past. She has been a highly sought-after motivational keynote speaker on health maintenance topics for numerous nursing associations, medical associations, and dental associations as well as for major corporate groups and events.

***Registration opening soon! Visit [aohna.org](http://aohna.org) for more information***