

PAINTER'S LODGE

Hotel Information

Garden view 2 queen beds or 1 king	\$235
Garden view 2 queen beds & 2 twin in loft	\$235
Sea view rooms with 1 queen or 2 queens	\$280
Pres. Suite sea view 1 queen + 1 sofa bed	\$395
Manager suite sea view 1 queen + 1 sofa bed	\$395
Standard cabins 2 queens + sofa bed	\$395
Superior cabin 2 bdrs 2 queens, 1 dbl, 2bath	\$395
Deluxe cabin 3 bdrs 2 queens, 2dbl 1.5 bath	\$625
VIP room-1king + 2 sofa bed 1.5 bath	\$395

The above pricing is for **2 nights** for the room sharing (single will pay same rate).

All additional guests in the room additional \$50.00 per guest for 2 nights.

All taxes included in the pricing.

\$50.00 non-refundable deposit needed by December 31, 2009.

Full payment required by February 10, 2010.

Method of payments

Please charge to my credit card

Type of card _____

Name on card _____

Amt _____ card # ____/____/____/____

Expiry date ____/____ Tel # _____

Email _____

Signature _____ or _____

Make cheque payable to MOAA of BC

And mail to: Nicole Godin
#500-1144 Burrard St.
Vancouver, B.C. V6Z 2A5

For information about the rooms, please contact Leslie at : leslied@valettravel.com

Cell: 604-617-4679

Direct & Fax line: 604-469-8457

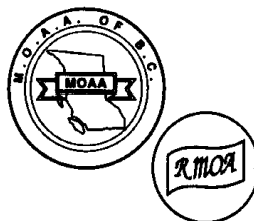
Please note the hotel has a limited number of rooms so please **reserve early** to avoid disappointment.

Sharing with : _____

Welcome to Exercise the Brain, Relax the Body MOAA of BC Conference

THE
MEDICAL OFFICE ASSISTANTS'
ASSOCIATION
OF BRITISH COLUMBIA

WISHES TO THANK
THE
BRITISH COLUMBIA MEDICAL
ASSOCIATION
FOR THE PRINTING
AND DISTRIBUTION
OF
THIS BROCHURE



MOAA of BC Conference 2010



Exercise the Brain,
Relax the Body

Welcome to the
39TH ANNUAL
CONFERENCE

Hosted by
Vancouver
Chapter #1

held at
Painter's Lodge
Campbell River, B.C.
April 30, May 1, 2
2010

REGISTRATION APPLICATION (PLEASE REGISTER ONE DELEGATE PER FORM)

Name _____
 Address _____
 Phone (H) _____ (W) _____
 Chapter Number _____
 Non-Member paid by _____
 Name on Receipt _____
 EMAIL: _____

- I ENCLOSE \$225.00 FOR A NON-MEMBER CONFERENCE PACKAGE
- I ENCLOSE \$160.00 FOR A MEMBER CONFERENCE PACKAGE
- I ENCLOSE \$125.00 FOR A RETIRED MEMBER OR STUDENT CONFERENCE PACKAGE
- IF CHEQUE IS POSTMARKED AND DATED BEFORE MARCH 15, 2010 DEDUCT \$15.00**

Please Check ALL that apply

- I AM ATTENDING THE FRIDAY NIGHT BARBEQUE
- I AM ATTENDING THE SATURDAY EVENING BANQUET
- GUEST BUFFET BANQUET TICKET \$45.00
- I AM ATTENDING CONFERENCE FOR THE FIRST TIME
- () I NEED A VEGETARIAN MENU
- () ALLERGIES _____
- () I enclose payment to prepay for draw tickets (2 Nights stay at Painter's Lodge). Tickets by donation are \$2.00 each or 3 for \$5.00
- () \$2.00 Single Ticket () \$5.00 Pkg of 3

Total \$ _____

Conference package includes registration fee, Friday BBQ, Saturday breakfast, lunch, and banquet dinner. Receipts will be in your conference folder. NO refunds unless written notification is received prior to April 15, 2010 (apply to registration only). A \$15.00 administration fee will be charged on all refunds. There will be a \$20.00 charge for all NSF cheques.

METHOD OF PAYMENT

Please charge to my credit card
 Type of card _____ Name on card _____

Amt _____ Credit Card # _____/_____/_____
 Expiry date _____/_____/_____
 Signature _____ or _____

**Make cheque payable to MOAA of BC and mail to:
 Nicole Godin
 #500-1144 Burrard St., Vancouver B.C. V6Z 2A5**

Agenda

FRIDAY APRIL 30, 2010

- 12:00 - 8:00 Registration
- 4:00 - 5:30 Board Meeting
- 7:30 - 10:00 BBQ & Pyjama party

*Corporate Displays will be open
 Noon to 8:00 PM*

SATURDAY May 1, 2010

- 7:00 - 8:00 Registration
- 6:00 - 7:45 Breakfast
- 8:00 - 9:30 Annual General Meeting
- 9:30 - 10:30 **Speaker**
Tanya Kessling
- 10:30 - 11:15 *Coffee Break/Vendors*
- 11:15 - 12:15 **Speaker**
Lorraine Jordan
- 12:15 - 1:30 Lunch
- 1:30 - 2:30 **Speaker**
Janet Love Morrison
- 2:30 Courtesy Resolution
- 2:45 Adjournment
- 7:00 - 7:30 Cocktails
- 7:30 Captain's Ball

(space is limited to 125 for dinner,
 priority given to MOAA conference registrants)

*Corporate Displays will be open
 7:00 AM to 5:00 PM*

SUNDAY May 2, 2010

- 8:00 Board Breakfast
- 9:00 Board Meeting

Speakers

"Don't mouse around...easy solutions at your workstation"

TANYA KESSLING, BMR PT RCAMT has been working as a physiotherapist for 8 years, 5 of them on Vancouver Island. She is certified in Acupuncture, women's health and Advanced Manipulative Therapy. She started doing ergonomic talks in 2002 as it became clear that prevention is much easier than treatment when it comes to work related discomforts and pain. The talk will include active participation of exercises to avoid hunched shoulders, the "hump" at the bottom of your neck, elbow and neck pain and more! Quick fixes of workstation set up will further help, and make you wonder why you didn't do this earlier.

Inside Out

Do you ever feel that way? Like you are giving more than you are getting? Like there is more going out than coming in - more money, more time, more energy? Do you feel depleted? Like your life is constantly in overdraft? *Like you are slowly being sucked inside out?* Do you look around you at all the stuff you have accumulated and wonder why you still feel empty inside? Well, guess what? You are on to something. Because that "peaceful easy feeling" you so crave begins on the inside, not on the outside. Bring your life back into balance by getting out of your head and into your heart and begin living from the inside out.

LORRAINE JORDAN created her business called "Enlightened Escapes for the Heart and Soul" and now spends her time creating and facilitating personal development workshops, speaking, writing, and coordinating inspirational seminars and retreats. Lorraine is a certified facilitator for "The Passion Test" and "Now What - 90 Days to a New Life Direction". She is also a Level One Power Coach and a certified Mind Body Fitness Trainer.

JANET LOVE MORRISON travelled extensively across Canada, Europe and South America to research *The Crazy Canucks: Canada's Legendary Ski Team*. She interviewed over 70 people: competitors such as the Legendary Franz Klammer, coaches, family members, journalists, trainers and many others. In 1997, she worked with Summerhill Productions on the CBC's Life and Times: *These Crazy Canucks*. Janet lives in North Vancouver, BC. Today Janet continues to write and work with Friends to Mankind, an international foundation to call upon all humanity.