



## May 1, 2010 Teen & Young Adult Conference

**9:30– 10:00 am**

**Sign-In and Reconnect** | Ups and Downs main office

A chance to catch up with friends. Light snacks will be provided to start off the day.

**10:00– 10:30 am**

**Personal Hygiene** | Ups and Downs main office

We will be covering how to properly care for our skin and the importance of personal hygiene.

**10:30 – 11:30 am**

**Hip Hop Dance Lesson** | Gym, West Hillhurst Community Center

We're off to the gym where we will be joined by local hip hop guru, Joanna Murphy who will be teaching us how to move and groove to the music.

**11:30 am– 12:15 pm**

**Food & Nutrition** | Ups and Downs main office

Sharla Stoffman, Registered Dietician will be talking to us about portion sizes and making healthy food choices. This will be a fun interactive session.



**Cost:** FREE

**Location:**

West Hillhurst Community Center, 1940 6th Ave NW

**To register:**

Phone: 403-289-4394

E-mail: [info@upsdowns.org](mailto:info@upsdowns.org)

On-line: [www.upsdowns.org](http://www.upsdowns.org)

**RSVP by April 29, 2010**

## 12:25– 1:00 pm

### **Lunch** | Ups and Downs main office

Applying what we have learned about portion sizes and making healthy choices, we will be putting together our own lunches from the lunch buffet. Our dietician, will be joining us during lunch to gently remind all of our participants about selecting a balanced diet and choosing appropriate portion sizes. (All food will be provided.)

## 1:00– 1:30 pm

### **Artistic Creations** | Ups and Downs main office

We'll be getting our creative juices flowing by creating hand made greeting cards, which can then be kept or given to others to admire. Be prepared to have fun!

## 1:30—2:00pm

### **Becoming Active** | Ups and Downs main office

The Duke of Edinburgh Award program encourages youth to be active, to participate in new activities and pursue interests in four different areas. A representative from the program will be letting us know what this opportunity is all about.

## 2:00– 3:00 pm

### **Fun with Expression** | Ups and Downs main office

Theatre-A-Go-Go will be on-site to show us just how much fun the arts can be. Our guest performer and educator Tanya Lukenoff will be showing us how to dramatize our ideas.

## 3:00– 3:50 pm

### **Becoming Street Smart** | Upper Studio, West Hillhurst Community Centre

Guest speaker Heather Cobb, B.Sc., PGCE, from Alberta Health Services, Calgary, will be talking about boundaries and relationships, talking to strangers and appropriate behaviours.

## 3:50– 4:00 pm

### **Goodbyes and Goodies** | Ups and Downs main office

Participants will be receiving their conference bags to take home and enjoy.

Special thanks to: Val Hazle, Judy Jensen, Wanda Sutter, Jo-Anne Swick, Mary Shipton and Rose Churcher for their helpful suggestions in putting this year's agenda together.

Ups and Downs | Ph: 403-289-4394 | Address: 2nd floor, 1940 6th Ave NW Calgary

