

Southern Community Network of Specialized Care
invite you to participate in an education and training opportunity * via Videoconference
(VC) *

Living In Balance

PRESENTER BIO

Terri A. Jaklin BA, ND, IFMCp

Terri is a practicing Naturopathic Doctor, Certified Functional Medicine Practitioner and founder of the Waterdown Clinic of Naturopathic Medicine. Prior to becoming an ND, she spent 10+ years in the frantic world of corporate public relations and communications where she learned first-hand what 70 career hours per week can do to you and your health.

Achieving and maintaining good health can be both complex and dynamic and can be profoundly impacted by some very simple choices. Terri believes that wherever you are on the continuum of health, there is a way to chose a path to improve your overall sense of wellbeing! She strongly believes that knowledge of the processes of health and disease is not proprietary and empowers individuals and organizations with programs that make a palpable difference in how we engage and perform in our lives.

Terri is an enthusiastic student of the healing power of nature, and a person's ability to access their own health potential and communicates this regularly in both private clinical practice and in her lecturing and public speaking. Through her work she reaches medical professionals and students, the general public as well as corporate and private groups. Terri completed her undergrad studies at University of Waterloo, and her ND studies at the Canadian College of Naturopathic Medicine with interim studies at the Universitaet Mannheim, Ryerson University, University of Guelph, and the Institute for Mind-Body Medicine at Harvard University. In 2014 she was certified by the Institute for Functional Medicine.

OBJECTIVES

Increasingly, our work and how we live is directly connected to our health, wellbeing overall quality of life. At the same time life just keeps getting crazier! "Busy, stressed-out, overwhelmed, fatigued" commonly describe our daily lives. Nowhere is this more true than in the lives of those who provide specialized care.

As the current paradigm of healthcare shifts, a biopsychosocial model sheds new light on both the care we offer to our clients, and selfcare strategies we can apply to prevent and remedy the stress and compassion fatigue so often experienced by developmental care workers.

Dr. Teri Jaklin has provided entertaining seminars on this heavy topic for over a decade. Join her as she sheds light on the concepts of stress and change and where they come together in practical recommendations to benefit your life.

Target Audience:

Direct Support Professionals, Clinicians, Health Care Practitioners

January 22nd, 2016 (12:00 – 1:30)

Also available via LIVE Webcast ~ session to be Archived.

Go to <http://webcast.otn.ca/>, Private Events: login with username=cncs1 and password=network1

To register, please contact your Telemedicine Coordinator or local Community Networks of Specialized Care location.

Central Ontario Network of Specialized Care: Tony Gougeon, (705) 526-0311 ext. 355 tgougeon@clhmidland.on.ca

Eastern Ontario Network of Specialized Care: Pete Fowler (613) 548-4417, ext. 1107 pete.fowler@ongwanada.com

Northern Ontario Network of Specialized Care: Rosanne Stein, (705) 645-7478 ext. 3221 rstein@handstfhn.ca

Southern Ontario Network of Specialized Care: Karen Araujo 1-800-640-4108 ext. 7215 karajujo@wgh.on.ca

Telemedicine Coordinators, please self-register at

<https://schedule.otn.ca/tsm/portal/nonclinical/details.do?request.requestId=50924036>

OTN is pleased to provide the technological infrastructure to support interactive videoconference education events. Please note that the content and opinions expressed are those of the presenters and neither of OTN nor the Community Networks of Specialized Care.