

Quality Fitness Leadership Training Since 1988

**When:** Sunday January 24, 2021  
**How:** Virtual Zoom  
**Times:** 8:30 am to 12:15 pm  
**Costs:** Who by January 15 after January 15  
 FNB members \$ 44.99 \$ 54.99  
 Other: \$ 64.99 \$74.99

**Registration Deadline: January 21, 2021**

**Credits:** 4 FNB CECs

<b>Agenda</b>	8:30 am	Welcome, introductions
	8:35 am	<b>Meditation (Intention "I am"):</b> Sandra Woods Poulin
	9:15 am	<b>Mindful and Intuitive Eating:</b> Lisa Allain
	10:15 am	<b>Caring for your Mental, Emotional and Spiritual Health:</b> Christelle Daigle
	11:30 am	<b>Chair Flow:</b> Joëlle Arsenault-Hurst
	12:00 pm	Wrap up and Session Feedback

**Registration:** Fill in the information below and send via:  
**email :** [membershipservices@fitnessnb.ca](mailto:membershipservices@fitnessnb.ca)  
**fax:** 1 (506) 453-1099  
**Mail (cheque):** Fitness NB,  
 A112A Lady Beaverbrook Gym, 2 Peter Kelly Drive  
 University of New Brunswick, PO 4400, E3B 5A3

<b>Name:</b>		<b>FNB</b>		<b>Other</b>	
<b>Full Address: Street</b>					
<b>City:</b>		<b>Prov.</b>		<b>PC:</b>	
<b>Email:</b>	<b>Phone #:</b>				

**Payment Information:**

<b>Payment Type</b>	<b>CC:</b>	<b>Visa:</b>	<b>MC:</b>	<b>Cheque:</b>	<b>e-transfer:</b>
<b>CC #:</b>				<b>Expiry:</b>	<b>3 Digit code:</b>

**Note:** e-transfer to [membershipservices@fitnessnb.ca](mailto:membershipservices@fitnessnb.ca)  
 Forward the security answer to same email.

**Fitness!...For Fun!...For Life!...Forever!**

## SESSION DESCRIPTIONS

**Meditation (Intention “I am”):** Sandra Woods Poulin: Reiki Master

Meditation is a practice of concentrated focus upon a sound, object, visualization, the breath, or movement. This practice will allow you to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal spiritual growth.

**Mindful and Intuitive Eating:** Lisa Allain: Registered Dietitian

Let's break the unhealthy diet cycle by creating real sustainable changes that will improve life while helping to maintain a healthy weight! This presentation will help define mindful and intuitive eating. You will be able to identify the 10 principles of intuitive eating and learn why mindful and intuitive eating can help anyone obtain a better relationship with food. We will discuss how to recognize true hunger versus emotional hunger and how to incorporate mindfulness strategies in everyday life.

**Caring for your Mental, Emotional and Spiritual Health:** Christelle Daigle: Registered Social Worker

It seems we have been hearing a lot about self-care lately on social media, the news or even workplaces. Why is that? Why is it so important? What does self-care even mean for me as a fitness leader/personal trainer? Join Christelle in a reflective practice on how you recharge your battery and explore thoughts that you may have had around self-care.

**Chair Flow:** Joëlle Arsenault-Hurst: Fitness Trainer, Yoga Instructor & Life Coach

Ground your mind and body with this 45-minute chair flow. Chair flow can improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain. This flow is also perfect for those wanting a quick way to stretch your body and relieve tension while at work, without leaving your office chair. Open your hips, move your shoulders and neck, and find length in your spine with this chair yoga flow.

## PRESENTER BIOGRAPHIES

### Sandra Woods Poulin, Reiki Master



Sandra Woods Poulin began her journey as a healer over 22 years ago. As a military wife raising two children, she had decided that there must be an easier way to cope with the frequent moves and managing the stress and anxieties associated with them.

Sandra became a Reiki Master and has been instrumental in introducing this healing art to many sectors of the community.

Out in the field, she has worked as a contractor for the Base Borden Family Resource Center, teaching Introduction to Relaxation Techniques, Breathing, Intuition, Meditation, Visualization and Chi, as well as offering Reiki Practice Sessions and Attunement.

She has volunteered with students in the school system bringing these techniques to students with reading difficulties. She has received positive feedback from teachers, students, and parents.

Sandra looks forward to sharing strategies to help you navigate through life crises and personal growth.

### Lisa Allain, R.D. Registered Dietitian



Lisa is a registered dietitian. She obtained her bachelor's degree in nutrition science from the Université de Moncton followed by a one-year internship at the Dr-Georges-L.-Dumont University Hospital. As a member of the New Brunswick Association of Dietitians and Dietitians of Canada, she is committed to improving her competence as a healthcare professional.

She has obtained 30 years of experience in dietetics including clinical nutrition, food service management and population health. For the last 20 years, she has worked as a public health dietitian. This work includes assessment, promotion, protection and enhancement of health and prevention of nutrition related diseases. She works in a variety of areas including school and family health and food security.

Her passion for nutrition led her to want to start another chapter in her career as a consultant dietitian specializing in intuitive eating. Supported by science, this positive approach consists of eating with pleasure while respecting one's satiety and hunger. The main objective is to promote a healthy relationship with food and body. Lisa wants to coach people on how to reach their goal of maintaining a healthy weight by helping them stop the yo-yo effect of dieting.

A mother of two teenage daughters, she enjoys spending time with her family, practicing yoga, walking, and participating in various fitness classes. She can spend hours cooking and experimenting with new recipes, improving their nutritional value without compromising taste.

## **Christelle Daigle, Registered Social Worker**



Christelle is a registered social worker with 9+ years' experience in helping people of all ages cope with stress, anxiety, depression, life transitions, illness, grief, etc. Her calm presence and compassion have helped her create a deep sense of connection with her clients through moments of suffering and moments of healing.

She is passionate about health and wellness and loves to expand her knowledge on these subjects. This has brought her to the yoga capital of the world, in Rishikesh, India to obtain her 200hrs YTTC in Hatha and Ashtanga yoga. She also offers services in "Healing Touch" which is a therapy that aims to restore balance to the energy system. She is currently studying to obtain her diploma in naturopathy.

Christelle is a free-spirited mom of two, nature loving yogi and enjoys most to spend time with her family. Her work is deeply meaningful to her and she looks forward to help guide you to your best self!

## **Joëlle Arsenault-Hurst, Fitness Trainer, Yoga Instructor & Life Coach**



Joëlle is a 29-year veteran of the fitness industry and passionate about what she does. Whether it's guiding her clients towards a healthier lifestyle or bringing them to the top of their game, her greatest satisfaction lies in helping individuals achieve their goals. As a Fitness Trainer and Life Coach, Joelle strives to inspire, educate, and promote a holistic approach to healthy living, while maintaining a casual and human touch.

She has brought her passion for fitness and well-being to many locations across Canada, including Calgary, Toronto, Charlottetown, Fredericton, Tatamagouche, Halifax, and now Richibucto. Her passion for fitness is apparent through her numerous certifications, which include: 200-Hour Vinyasa Yoga Teacher, Certified Coach Practitioner™ (Certified Coaches Federation), Thrive Health Services' Cancer and Exercise Training for Fitness and Health Professionals, PFT, RTL, GFL & ICFL (Fitness New Brunswick), Gymstick Muscle Master Instructor.

Joëlle has played a very active role in designing programs and bringing fitness/wellness into the Imperial Kent North Centre in Richibucto NB. She linked FNB to the center, recruited and mentored instructors, and introduced indoor cycling, yoga and OAFL to the area. During the COVID-19 pandemic, Joelle reached out on Social media and encouraged members of the community to exercise by "Dancing in the Streets". Benefit of these activities were felt much beyond the physical ones.

In October, she opened an independent yoga studio in the heart of Richibucto, called the Yoga Nook. She is always very in tune with the needs of the community, and is offering beginner, intermediate and advanced yoga, chair yoga, yoga for kids ... she continues to deliver her passion for wellness to all she can inspire. It goes without saying that Joëlle exemplifies health and well-being at all levels.