

SPRING INTO WELLNESS DAY

PRESENTERS



Tara Maltman-Just, B.Sc.(Pharm) RPh ABAHP FAARFM

**SPRING FORWARD to a BETTER BRAIN,
by trusting your gut**

Tara is the **Founder** and **Executive Clinician** of **Vitality Integrative Medicine**, a ground-breaking professional practice focused on “treating the person, not just the disease”. A nationally-award-winning clinician who puts her patients first, Tara is a Board-Certified, Advanced Fellow in Anti-Aging, Regenerative, Functional Medicine and a Licensed Pharmacist. She has continued her love of learning with a Masters program in Metabolic and Nutritional Medicine as well as a one-of-its-kind Brain Fitness Certification through the College of Medicine at the University of South Florida.

Sherri Pockett, RN: Diabetes Research

Sherri has years of experience in the field of Diabetes Research, and is currently working as a clinician at St. Boniface Hospital.

Const. Cooney, RCMP-Selkirk Detachment: Community Development
(unconfirmed)

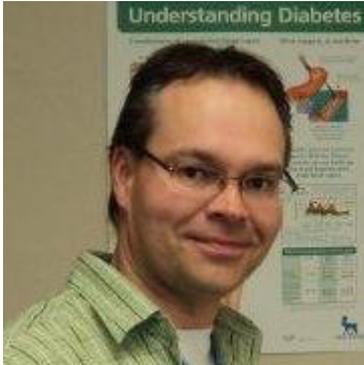


Marilyn Schneider: Pressure Home Canning

Marilyn and her husband own and operate a local business. She

is President of EBRC Inc; on the Board of the Grand Marais Recreation Centre, and has been a community volunteer for over 25 years.

Trevor Forkheim, :



Trevor currently works out of the Pine Falls Health Complex as one of 2 Dietitians serving the East Beaches area. He is a member of the Community Wellness Team. He can be contacted for consultations on issues of healthy eating, and runs support groups within the community.



As a Certified Fitness Leader with the Manitoba Fitness Council (MFC), she brings her passion for physical activity to workplaces, schools and community events. She was also awarded 'Fitness Leader of the Year' for 2012 by the MFC. Jan is based out of Gimli Community Health Center.