

Central and Western Canada
 Wednesday, April 29th, 2026

WORKSHOP CATALOGUE

| CODE | TITLE | DESCRIPTION | PRESENTER(S) |
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| A01 | An Introduction to Medicine, Epidemiology and Public Health | In this workshop, you will learn about ways to get involved in academic and non-academic activities to pave your way into the fields of Medicine, Epidemiology and Public Health. The workshop will cover topics such as involvement in undergraduate research, important academic courses, and community experiences. Participants will have the opportunity to ask the facilitator questions at the end of the workshop. | Hani Rukh-E-Qamar (University of Saskatchewan, SK) |
| A02 | Careers In Medical Imaging | We invite you into the world of a rapidly evolving and dynamic career with Medical Imaging! A career in Medical Imaging combines the beauty of patient care and the fascinating scientific technological skillsets to provide diagnosis and treatment for numerous patients in outpatient to acute care settings. | Kerri Smith (Provincial Health Services Authority, BC) |
| A03 | Bachelor of Science in Nursing: A Degree of Possibilities | Join the presenter as she shares her journey from high school student to BSN undergraduate student, to Emergency Trauma RN, to Adult and Pediatric Forensic Nurse Examiner, and Faculty in the BSN program at Douglas College. Learn about the possibilities and opportunities associated with a BSN degree. Consider if a BSN degree is right for you and/or if you are a good fit for a career in nursing. There will be ample time provided for questions and answers related to the nursing profession | Mackenzie Lister (Douglas College, BC) |
| A04 | Health Information - Beyond the Data | In this workshop we will explore how health data is used to ensure quality health outcomes for all Canadians. Data is used to inform critical decisions made in many sectors, in addition to health, such as the government, legal, public and commercial sectors. | Patricia Visosky (Douglas College, BC) |
| A05 | Be a Cancer Prevention Scientist: How Lifestyle, Environment, and Society Shape Risk | Cancer risk is influenced by more than biology. In this interactive workshop, participants will step into the role of a cancer prevention research team to explore how lifestyle, environmental exposures, and social conditions shape cancer risk across communities. Through live polls, small-group discussions, and a guided case study, students will examine how researchers identify risk factors, design studies, and develop evidence-based prevention strategies. We will also discuss careers in public health and cancer prevention | Gabriela Kuczynski (University of British Columbia, BC) |

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| | | research, and how science translates into real-world policy and community change | |
| A06 | <i>Babies, Bellies & Midwifery</i> | Spend time with faculty from the Bachelor of Midwifery program at the University of Manitoba. We will demonstrate many of the skills used by midwives every day and talk about the scope of midwifery practice in Manitoba. From caring for pregnant people, to assessing fetal position and heart beats in utero, to catching babies and caring for newborns, this workshop offers a glimpse inside the life of a midwife. | Heidi Elias (University of Manitoba, MB) |
| A07 | <i>Women's Heart Health: Early Risk Factors and Becoming an Advocate</i> | Heart disease is the leading cause of death in women, and it can begin much earlier than many people think—sometimes as early as their 20s. In this interactive workshop, students will identify early risk factors unique to women—such as stress, hormonal changes, and family history—and learn that prevention can start at a young age. After reviewing risk factors, students will engage in a short clinical case study and develop simple, everyday habits to reduce their risk. By the end, they'll feel empowered to be advocates—for themselves, their families, and their communities. | Najah Adreak (University of British Columbia, BC) |
| A08 | <i>Mind the Gap: Psychology as a Window into the Last Frontier</i> | This workshop will present some of the techniques that psychologists employ in understanding human thinking. These include analyzing speech errors, reaction time experiments (analyzing the "gap" between seeing a stimulus and responding to it), and neuroimaging techniques. We will do some online reaction time experiments and analyze the data to see what it can tell us about attention and memory. We will also explore some of the basics of brain imaging techniques and what we can and cannot know about cognition within these paradigms. We will see how the gaps in our knowledge are as interesting as what we already know and how we can start to explore these gaps using emerging technologies. | Dinesh Ramoo (College of New Caledonia, BC) |
| A09 | <i>The ♥ of the Matter: Let's Talk about Women's Heart and Vascular Health</i> | <ol style="list-style-type: none"> 1. Outline the rationale as to why women's heart and vascular health is important. 2. Describe the anatomy of the heart, different heart and vascular diseases, how women's hearts are different than men's, how women's symptoms of a heart attack can be different than men's, and what they can do to help. 3. Describe healthy behaviours to encourage the prevention and management of heart and vascular diseases. 4. Identify resources to learn more and the steps for acting and advocating for women's heart and vascular health at your school and in your community. | Canadian Women's Heart Health Alliance (University of Ottawa Heart Institute) |