

University of Manitoba
Thursday, November 5, 2026

100 Kellogg Lane, Unit 10, London ON N5W 0B4 T. 519.488.2003 cdnmedhall.ca

WORKSHOP CATALOGUE

ATTENTION:

When registering for workshops A01 and A02, **select A01 (as your morning workshop) AND A02 (as your afternoon workshop)**. If you select only one option, you may lose the spot and be assigned to another workshop with available seats.

These workshops are taking place at the St. Boniface Research Centre Youth BIOlab.

Participants will travel by bus from the lab following the keynote lecture, remain at the Centre for lunch and the afternoon workshop, then return to the main hub at 2:30pm for the Career Panel.

Do not select these if you have any concerns about remaining at the lab for both sessions.

CODE	TITLE	DESCRIPTION	AM / PM	PRESENTER(S)
A01 & A02	Neuroscience and Cardiovascular Research at St. Boniface Hospital	In our morning workshop you will see how neuroscientists study memory and brain diseases such as Alzheimer's. You will get to dissect a real brain, view cells and tissues under the microscope and witness memory experiments that we use to understand brain function. In our afternoon session, you will see how cardiovascular scientists study heart disease from the molecular and cellular level to the whole organism. You will see live heart cells in the microscope, dissect a pig's heart to see how heart attacks happen and learn about how our scientists investigate stem cells for use in future therapies. We will tour our research floors and meet scientists and students who work on these problems every day.	25	Stephen Jones St. Boniface Hospital Albrechtsen Research Centre - SBRC Youth BioLab, RL016

When registering for the following workshops, make sure you select **a Workshop in the morning and a different Workshop in the afternoon**:

CODE	TITLE	DESCRIPTION	AM	PM	PRESENTER(S)
B01	What's All the Stink About?: How Wastewater Surveillance Can Predict Disease Outbreaks	It's time to get down and "dirty"! Did you ever think that scientists and researchers could predict a disease outbreak from the wastewater going down your toilet? Meet Chrystal and Jennifer, a PhD scientist and Biologist who work in the Wastewater Genomics Unit at the National Microbiology Laboratory – predicting where E.coli, SARS-CoV-2, or Monkeypox might be showing up across Canada with their unique "early warning system"! In this workshop, you get to put on a lab coat and gloves to experience a simulated experience of how this lab detects pathogens from wastewater. If you've never used a pipette, a centrifuge or seen a nucleic extraction kit, this is the workshop for you!	0	22	Chrystal Landgraff

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B02	<i>PAPRs, Gloves, and Duct Tape: How to Dress for Success in a Containment Lab</i>	Have you ever wondered how scientists in a high containment lab stay safe when working with pathogens like Anthrax or Ebola? Meet Samantha and Todd who work at the National Microbiology Laboratory (NML), Canada's only Level 4 containment lab! This workshop highlights the different types of PPE (Personal Protective Equipment), the different safety procedures, and the unique engineering systems used in the various containment levels at the lab to ensure that no one inside or outside the lab gets exposed to these nasty microbes! See a Level 4 suit up close and get a chance to put on a Tyvek suit. Plus, learn why they use so much duct tape when preparing to go into a containment lab! This is a great opportunity to discover the typical work life of a Biosafety Officer and a Biologist who share their personal experiences of working at the NML	22	0	Samantha Kasloff & Todd Cutts
B03	<i>Under the Microscope: What IS pathology?</i>	In this workshop you'll learn about the medical science that involves the study and diagnosis of disease through the examination of surgically removed organs, tissues, bodily fluids, and in some cases the whole body (autopsy).	0	15	Gabor Fischer
B04	<i>University of Manitoba Admission Requirements and Pathways to Health Careers</i>	During this workshop you will learn about the general University of Manitoba Admission requirements as well as the pathways to the different health careers and what kinds of jobs and environments one could potentially work in. There will be a question-and-answer period at the end of the presentation.	25	25	Jessica Dunlop
B05	<i>The Human Eye - What do you see?</i>	Brief introduction to the thing that makes us see - the eye! We will have model plastic eyes along with tools we use in ophthalmology to assess them (muscle light, ophthalmoscope, indirect ophthalmoscope, special lenses, model glasses). Our activity will be to mimic an eye exam - nothing dangerous, just some lights and explanation of our own eyes from the plastic models. The second half of the time will be going through a couple of videos and power point slides to show them what work as an ophthalmologist looks like! After that we will have a Q&A where they can ask me what I do in my day to day work, and how I ended up in my career path (along with other alternative career options they can consider on that journey - there are many!)	12	12	Sterling King

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B06	<i>Discovering the Profession of Pharmacy</i>	Join us to find out what pharmacists really do and why their work matters. Through short presentations, real-life examples, and fun activities, you'll explore: Where pharmacists work – from hospitals to community pharmacies and beyond What their day looks like – helping patients, solving medication problems, and working with health-care teams How to become a pharmacist – the education and skills you'll need You'll get hands-on experiences, including an “escape room” challenge and a chance to try out different drug-delivery devices. It's a great way to see if a career in pharmacy could be right for you!	22	25	Kristi Watson
B07	<i>Hands-On Nursing Clinical Skills</i>	Join us for an immersive workshop designed to enhance your nursing practical skills across critical areas of patient care. Practice your injection skills using injection pads on a mannequin. You'll work with alcohol pads, syringes, cotton balls, sterile gauze, and a variety of gloves. Perfect your technique and ensure patient safety through hands-on experience. Explore the essentials of oxygenation with a focus on asthma simulation. Utilize stethoscopes, O2 saturation monitors, and various mask types to assess and improve patient oxygen levels. Experience a live demonstration of a nebulizer with a simulated Ventolin treatment to see how effective oxygenation and medication can be. Develop your skills in basic patient assessment, including vital signs such as blood pressure, oxygenation, respiration, and temperature. The session will provide an opportunity to work with the necessary tools and materials to enhance your knowledge, hands-on experience, and skill-building in key areas of nursing patient care.	30	0	Elyse Griffith
B08	<i>Discovering a Career in Dentistry</i>	In this workshop we will discuss the path to entering the field of dentistry. We will explore what to expect as a dental student at the University of Manitoba and what a typical day for a general dentist looks like. Participants will also have an opportunity to experiment with common restorative materials on plastic teeth using dental instruments.	20	0	Vanessa Hunzinger & Cristina Fiuza

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B09	<i>Clinical Health Psychology: Brains, Behaviour, and Beyond!</i>	Do you ever wonder why people act the way they do? Are you curious about how the mind works, how mental health problems are diagnosed, and how therapy can help people feel better? Join us to learn about the work clinical psychologists do in Manitoba in areas like health, the brain, the justice system, and child development. See examples of leading-edge psychological research, find out how psychological tests are created and used, and try some therapy techniques yourself. You'll also get to ask questions to presenters at different stages of their careers. We'll share tips and resources to help you become a psychologist.	21	25	Maxine Holmqvist & Aleah Fontaine
B10	<i>I ♥ Anatomy</i>	Presenters will explain why they love anatomy and the joys of teaching it! The workshop will be a live lab where we will venture into the amazing anatomy of the human heart. We will teach you the chambers and valves, where the heart can be found in your chest wall and perhaps, we will have time to show you some pathologies. This lab is not for the faint of heart, pun intended! Have an open mind and great respect for our donors whose last wish was to be studied from their body donation. Any inappropriate behavior in the lab, the student will be asked to leave.	20	0	Leilanie Clayton, Alexa Hryniuk & Terry Li
B11	<i>Brush Up on Your Future: Careers in Oral Health</i>	This interactive session invites students into the intriguing realm of dental careers. Using engaging games, real-world scenarios, and hands-on tasks, students will discover the roles of dentists, dental hygienists, and other oral health practitioners. They will examine the necessary skills, educational routes, and what a typical day entails. Featuring quizzes, myth-busting activities, and a fun dental-themed game, this session seeks to motivate the next generation of oral health professionals!	25	25	Mary Bertone
B12	<i>A Day in the Life of a Microbiologist</i>	Do you think medical research may be for you? This workshop will expose you to a day in the life of a medical microbiologist where you will visit an HIV and anti-microbial resistance lab. You will gain hands-on experience in various lab techniques used in the study of HIV and anti-microbial resistance and tour a Level 2 Containment Laboratory where research is being conducted on viruses such as HIV and Flu.	20	0	Natasha Hollett

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B13	<i>Twitch Talks: Activation of brain, spinal cord and nerves in humans</i>	This workshop will demo how we study human muscle, nerve and brain activity. Methods, such as muscle activity recordings, electrical nerve stimulation and transcranial magnetic brain stimulation will be explained. Students get to try how it feels like walking on a split-belt treadmill and move with motion analysis software controlling your reactions.	16	16	Katinka Stecina, Camila Chacon, Eda Kocer & Sara Petkau
B14	<i>Honouring Our Traditional Medicines</i>	Situated on Treaty 1 Territory and the National Homeland of the Métis Nation, at Ongomiizwin Education, University of Manitoba, we honour the many gifts the land offers us—including our traditional medicines. In this session, we will share teachings about the meaning of Ongomiizwin, as well as introduce participants to some of the traditional medicines. The workshop will include a smudge ceremony and an opportunity to taste teas prepared with these medicines. Each participant will receive a small take home tea pouch of traditional medicine with preparation instructions to enjoy some more tea later. Come share in ceremony, teachings, and tea with us.	20	0	Kimberly Hart, Tanya Tungilik & Derek Stewner
B15	<i>A Day at the Office</i>	In this workshop students will interact with family physicians and trainee family medicine residents and experience some procedural skills such as otoscope, intramuscular injections and suturing.	0	25	Selena Papetti
B16	<i>Turn Your Passion into a Career as a Dietitian</i>	Join us for an exciting and interactive workshop designed to spark your interest in the world of nutrition and dietetics!	0	31	Semone Myrie
B17	<i>The ♥ of the Matter: Let's Talk about Women's Heart and Vascular Health</i>	This workshop will spark conversation among the students about women's heart health. Our interactive session will: 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.	22	24	Anshika Sharma, Patricia Martinez & Lexus Carlisle

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B18	<i>From Classroom to Critical Care: Discovering Healthcare Through Medical Simulation</i>	What happens when a patient suddenly becomes critically ill? How do healthcare professionals recognize a medical emergency, make decisions under pressure, communicate effectively, and work together to provide life-saving care? This interactive workshop will introduce students to the world of healthcare through the use of high-fidelity medical simulation. Rather than simply learning about healthcare careers through a presentation, students will have the opportunity to step into the clinical environment and experience the challenges and rewards of providing patient care. Using a high-fidelity patient simulator, realistic clinical scenarios, and hands-on activities, students will explore how healthcare professionals assess patients, recognize changes in clinical condition, make critical decisions, and collaborate as an interprofessional team. Students will be introduced to the roles of paramedics, physicians, nurses, respiratory therapists, and other healthcare professionals through a simulated patient encounter. Working in small groups, participants will have opportunities to take on different clinical roles, interpret patient information, communicate findings, and contribute to the management of a simulated emergency. The workshop will conclude with a facilitated debrief, allowing students to reflect on their experience, explore the importance of teamwork and communication, and discuss the diverse educational pathways and career opportunities available within healthcare.	20	20	Danny Kustra, Tiffany Ponce & Brian Potter
B19	<i>Physical Therapy</i>	Imagine helping someone take their first steps after an injury, regain independence in daily activities, or breathe easier after a serious illness. That's the real impact of Occupational, Physical, and Respiratory Therapy; three dynamic, in-demand professions focused on restoring function, improving quality of life, and empowering people to achieve their goals.	0	20	V.Melissa Lundie & Oyindamola Otubusen
B20	<i>Respiratory and Occupational Therapy</i>		20	0	V.Melissa Lundie, Ian Hay & Melissa Campbell
B21	<i>Inside Medicine: Heart Edition</i>	Ever wondered what doctors can learn just by listening to your heart? In this hands-on workshop, discover how the heart is built, how it works, and how physicians and physician assistants use tools to detect what's happening with the heart. You'll explore basic cardiac anatomy and physiology, learn to identify normal heart sounds, and practice listening for heart murmurs using a stethoscope. You'll also get a behind-the-scenes look at cardiac anatomy using a handheld bedside	0	30	Rebecca Mueller & Amanda Condon

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		ultrasound device. Whether you're already considering a career in medicine or just curious about how the human heart works, this session will give you a taste of what it's like to think and work like a clinician.			
B22	<i>Miracles for babies with abnormal lung development and a hole in their diaphragm</i>	Every 10 minutes a baby is born with a hole in their diaphragm and abnormal lung development. As a surgeon, I close the hole in the diaphragm, but 1 in 6 babies will die from their abnormal lung development. We will present on our work to develop a prenatal therapy in an animal model for this disease. We will also give a hands-on demonstration of an electrophoresis experiment and explain how tissues are processed for staining experiments.	10	10	Richard Keijzer, Daywin Patel & Arzu Ozturk

Thank you to all our presenter volunteers, who are giving their time and knowledge so you can come and experience this Discovery Day!