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## Primary Care Nurses of Ontario Mission and Goals

**Mission:** To promote and support the professional role of the nurse in Family Practice.

**Goals:**

1. Make Family Practice Nurses central to Primary Health Care.
2. Promote and support the opportunity for expanding the knowledge base for Family Practice Nursing.
3. Provide a networking forum for nurses working in or interested in Family Practice.
4. Act as a resource for individuals or groups on issues concerning Family Practice Nursing.

★ **NOTE Location** ★  
St. Elias Centre  
750 Ridgewood Avenue  
Ottawa, ON  
K1V 6N1

613-737-4997  
Across from Mooney's Bay  
Free Parking

**You do not need to be a member to attend this education day!**

Please feel free to copy this brochure and share with a colleague

*All Health Care Professionals are welcome to attend*

P.D. Day Coordinator  
Doreen O'Sullivan  
Tel: 613-258-5536  
Email: dosullivan@alumni.uottawa.ca

Please inform us if you wish to be taken off our mailing list.



**Primary Care  
Nurses of Ontario**

**PCNO (Ottawa Chapter)**

**27<sup>th</sup> Annual**

Professional Development Day  
Saturday, October 14<sup>th</sup> 2017

*Living the  
DREAM*

*St. Elias Centre  
750 Ridgewood Ave  
Ottawa, ON  
K1V 6N1  
613 737 4997*

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**Program**

**7:45 - 8:15**

Registration and Breakfast.

**8:15**

**Welcome & Annual General Meeting**

Dianne Friske RN  
President, Ottawa Chapter, PCNO

**8:30 - 9:30**

**“I think I should Move?”  
Downsizing and Geriatric wellness**

Jennifer Moir BA, CRTS, EPC, CHS

**9:30 - 10:00**

Coffee Break  
Exhibits and Networking

**10:00 - 11:00**

**“Dermatology in Primary Care”  
When should I worry?**

Dr. Simone Fahin MD  
Director of Dermatology at The Ottawa  
Hospital

**11:00 - 12:00**

**“Mental Health and Primary Care”**

Tracey Meeker RN, APN  
Shared Care Mental Health  
The Ottawa Hospital Family Health Team

**12:00 - 1:00**

Lunch  
Attendance Awards and Exhibits

**1:00 - 2:00**

**“Exercise is Medicine in Health Care”**

Dr. Renata Frankovitch BMath, MD, FCFP,  
Dip Sports Med

**2:00 - 3:00 Dream Big or Go Home!**

Tysen Lefebvre- A guy on a mission, founder  
of Mission to a Million

Tanya Desjardins- Make-A-Wish Eastern  
Ontario CEO

**3:00**

**Closing Remarks**

PCNO Ottawa Chapter Executive:  
President: Dianne Friske  
Program Director: Carol Hickey  
Secretary: Margaret Moreland  
Treasurer: Jo Williams  
Membership/Registration: Barb Whalen  
Newsletter: Sandra Weagant  
Past President: Doreen O’Sullivan

Registration Deadline for our 27<sup>th</sup> Annual PD Day  
is Friday October 5<sup>th</sup> 2017  
PD Day Fee prior to October 5<sup>th</sup> \$80.00  
**\*After October 5<sup>th</sup> Fee \$90.00**  
Registration Includes Breakfast and Lunch

PCNO Annual Membership \$50.00 may also be  
paid at this time with the same cheque.  
Your PCNO membership includes membership to  
Canadian Family Practice Nurses Association.  
Please inform us if you pay through RNAO

Name: \_\_\_\_\_

Designation: RN\_\_\_ RPN\_\_\_ NP\_\_\_ MD\_\_\_

Other\_\_\_\_\_

Address: \_\_\_\_\_

e-mail: \_\_\_\_\_

Home Phone: (    )

Work Phone: (    )

PD Day Registration:

Annual Membership: \_\_\_\_\_

Receipt issued to:

If you have any special Dietary Requirements  
please specify: \_\_\_\_\_

Make your cheque payable to  
Ontario Family Practice Nurses  
(Ottawa Chapter)  
and mail to:

Barb Whalen RN  
209-91 Valley Stream Drive  
Ottawa, ON, K2H 9G8  
Tel: 613-799-6964