
Your Presenter:

Catherine's presentation is a blend of physiotherapy, psychology, yoga and occupational health combined with a unique sense of Scottish humor. Her passion is to educate people about healthcare and lifestyle choices with a sense of fun.

Catherine Russell

Catherine Russell, **ATM-B** is a Registered Physiotherapist, originally from Edinburgh, Scotland, where she received her formal education and training. She emigrated to Canada in 1981, where she has specialized her practice on TMJ (jaw) disorders. She is constantly adding to her knowledge base by complimenting it with a holistic approach. Her speaking practice came out of a desire to reach other practitioners and potential patients before she met them in her office.

Public & Professional Presentations include:

- ❖ **Fall 2006 Conference Cracker barrel session**
- ❖ **The 10 keys to living your best life**
- ❖ **Are you hot and bothered or just bothered?**
- ❖ **The Temporomandibular Joint Disorder (Jaw) and the "Hidden Cause" of Headaches, Dizziness, Earaches and Facial pain**

For information on
"Keep breathing...It is only a Speech"
presentation

Please contact Catherine Russell
Email: cathy.russell@jan-pro.com

Toastmaster District
Conference **Spring 2007**
Saturday May 5, 2007
9:30am – 10:30am
Best Western
Vernon Lodge
Vernon, BC

Agenda

***This Educational
Session covers***

- 1. Physiology of stress**
- 2. Three key principles to being a successful speaker**
- 3. Tools and techniques that you can apply any time any place**

"Life is 10% what happens to us and 90% how we react to it."

~unknown

***Keep
Breathing...
It is only a
speech!***

***Rewards of
Recognizing and
Reducing stress
Right away***

Proudly Presented by:

Catherine Russell



HOW YOUR BODY REACTS TO STRESS

