

Good to Gold! Achieving a Gold Medal Mind

Lori-Ann Muenzer

Experience an evening with an Olympian and "Get On Track" by identifying and building on your own defining moments. A race or a journey to success is made up of a series of such moments. By maintaining focus, commitment and reacting in a positive way, Lori-Ann leveraged defining moments and used them to build her success and achieve what everyone else thought was beyond her reach: Olympic Gold!

Cleland Theatre

Wed

Jan 14

\$5 advance tickets or FREE for PSO

\$10 at the door

6:30-8:00 pm



Goal Setting 2009

Do you have trouble setting goals and sticking to them? Hear success stories from local leaders and get inspired through exotic landscapes mixed with motivating goal setting tips and techniques:

Dennis Stolen: "Stolen Moments in Africa"

Carol Flynn: "From Tri to Thai"

Lyndie Seddon: "Work to Play-Diary of an Adventure Guide in New Zealand"

Don Mulhall: "No Sharks! Molokai Outrigger Canoe Adventure"

When is the last time you did something for the first time?

Cleland Theatre

Wed

Jan 21

\$5 or FREE for PSO

\$10 at the door

6:30-8:30 pm

**Penticton
Steps Out**

GetActive! Penticton Speaker Series

**Penticton
Steps Out**

***SPONSORED IN PART BY S.O.S. MEDICAL FOUNDATION AND THE P.R.H. CARDIOLOGY DEPARTMENT**

Simple Actions to Change the World

Paul Edney

Discover how you can have fun while you change the world. Big problems can often cause the average person to feel paralyzed.

We think nothing we can do could possibly make a difference; but our actions are the only things that do. Since the debut of his book, "Change the World for Ten Bucks, 50 Actions to Change the World", Paul Edney has been inspiring people across Canada. Paul will give you simple & easy tools to have an impact on the world around you.

Cleland Theatre

Tue

Feb 10

\$5.00 advance tickets or FREE for PSO

\$10.00 at the door

6:30-8:00 pm



White Coat, Black Art

Dr. Brian Goldman

Explore how front line health care providers see our system and how healthy lifestyle choices can protect your health and physical well being. Dr. Brian

Goldman from CBC's White Coat, Black Art takes you through the doors of hospitals and doctors' offices, behind the curtain to where the gurney lies. Dr. Goldman will talk about our health care system and the stumbling blocks and the challenges practitioners face in caring for patients and in helping people keep healthy. Brought to you by the South Okanagan Health Fair.

PTCC

Fri

Feb 20

FREE-Tickets at CC

4:00-5:00 pm

