Faculty Women’s Club Spring Luncheon
Wednesday, March 13, 2019 • 11:00 a.m. – 2:00 p.m.
Papaschase Room, University of Alberta Faculty Club

Enjoy a buffet lunch and a talk by Dr. Billy Strean: Joy and Well-being

In a world where many are tired, busy, distracted and feeling disconnected, Dr. Billy Strean engages and enlivens people. A former three-sport NCAA coach, Billy Strean earned a PhD in sport and exercise psychology from the University of Illinois. He is also a Master Somatic Coach (Strozzi Institute), Registered Yoga, a Certified Laughter Yoga Teacher, and a Certified Professional Co-active Coach. It is precisely this eclectic range of disciplines and fields of study — somatics, yoga, sport psychology, laughter and play, and his 30+ years of teaching experience — that is the foundation of Dr. Strean’s success both in the classroom as well as outside the classroom as keynote speaker and workshop facilitator.

In 2008, Dr. Strean received the University of Alberta’s Rutherford Award for Excellence in Undergraduate Teaching. In 2011, he was one of ten Canadians selected to join the prestigious 3M National Teaching Fellowship. His current research addresses mindfulness in schools for social and emotional wellness. His audio book, Humor Me: Lighten Up and Love Life Laughing, explores the benefits of laughter and humour and how to apply them in daily life. He recently released For Those Who Dare to Teach, which takes an autobiographical approach to sharing insights and practical tips for teaching. His forthcoming book, Alive with Joy (working title) reveals how to move from disconnection to optimal living. Through his former company, Exhilarated Performance, and currently as the Chief Joy Infuser at Adventures in Joy, Billy has provided over 500 dynamic presentations across North America to help people to Re-Charge. Re-Connect. Re-Discover.
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University of Alberta Faculty Club

Cost: $39 per person

DEADLINE FOR REGISTRATION
Completed registration form and payment
must be received on or before Monday, March 4, 2019

THIS A MEMBERS-ONLY EVENT

Mail registration form & payment to:
Cathy de Frece
11 Highwood Place
Sherwood Park AB T8A 0L4

Questions?
Contact Cathy de Frece
Telephone: 780-464-3203
E-mail: cdefrece@shaw.ca

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REGISTRATION FORM

NAME: ____________________________________________

E-MAIL: __________________________________________

PHONE NUMBER: __________________________________

DO YOU NEED A RIDE?  □ YES  □ NO

PAYMENT OPTIONS • PLEASE CHECK ONE BOX

□ Cheque: payable to FACULTY WOMEN’S CLUB

□ e-transfer: send payment to treasurer.fwc@gmail.com and mail
form to Cathy de Frece

PAYMENT IS FINAL • THERE WILL BE NO REFUNDS
Pay parking is available at the Faculty Club or the Windsor Car Park. The
relationship with Parking Services at the University has changed, and there
is no reduced rate for parking.