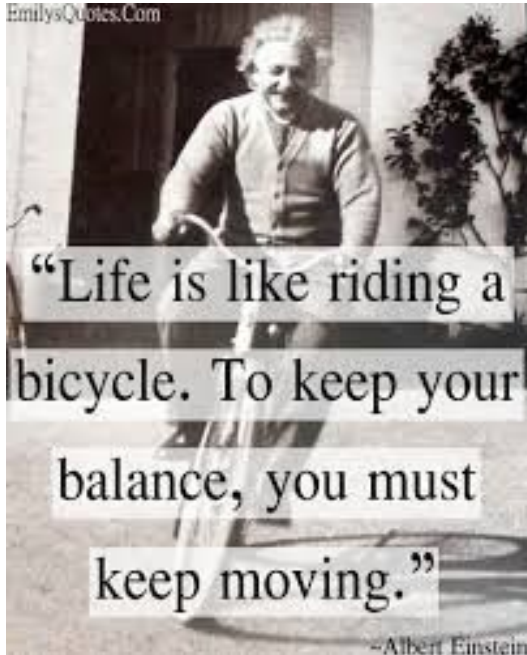


HPEC Welcomes You to the 2018 HPEC Conference

Finding Balance



It is my great pleasure to welcome HPEC members to the annual HPEC Conference, Calgary 2018, Finding Balance. Thank you for choosing HPEC and sharing your time, expertise and passion with your fellow HPEC members.

HPEC would like to thank the 2018 HPEC conference organizing committee under the leadership of the Conference Co-Chairs Sonia and Dwayne Sheehan for their dedication, time and passion. It is through the Conference Committee's volunteer work and vision that this conference we will benefit from has been realized.

HPEC would also like to thank the Sponsors and Exhibitors for their support of the conference and Mount Royal University for the donation of the use of the majority of the facilities. These supports help keep conference fees accessible and for this we are grateful.

As we dive into the exceptional 2018 HPEC Program keep in mind "The expert in anything was once a beginner". In the spirit of balance challenge yourself to take in something out of your comfort zone as well as something in an area of passion, strike up a conversation with a stranger and connect with old friends, socialize (and perhaps get your dancing shoes on) and take time to enjoy a moment of stillness and reflection.

Finding Balance... your students. This can be interpreted in so many ways, from teaching your students the skill of static and dynamic balance as an essential component of physical literacy, to providing a balanced program inclusive of dance, gymnastics, games, individual activities and alternative environment experiences, to using a variety of teaching methods and models. May this conference add to your toolbox of skills to create a balanced experience for your students.

Finding Balance... your school. HPEC advocates for Comprehensive School Health approach and one of the outcomes that can be realized through its implementation is an understanding of balance for all those within the school community. For more information please see [HPEC CSH infographic](#) and Ever Active Schools [CSH information Page](#).

Finding Balance... you. Teaching can be a demanding job. We hope that this experience may give you skills to support your teaching, a sense of connection to others to create an HPE support network and a reminder that a balanced and healthy you makes a positive impact on everyone around you.

Thank you once again for attending HPEC 2018! Once an HPECer always an HPECer, welcome to the family,

Be well, be active,

Elisha O'Lain

Mind

THINK POSITIVE, EMBRACE CHALLENGE, KEEP LEARNING,
TAKE RISKS, INQUIRE, CREATE, EXPLORE

Body

EXERCISE OFTEN, EAT HEALTHY,
STAY STRONG, PUSH YOUR LIMITS, SLEEP

Soul

PLAY, LAUGH, LOVE, INSPIRE & SUPPORT OTHERS,
SPEND TIME IN NATURE, BE GRATEFUL