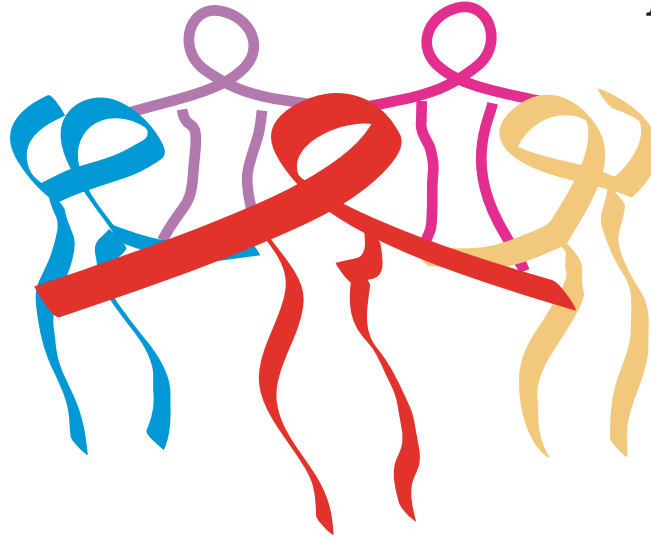




Positive Women's Network presents:

# SpringBoard • 2009 • "Space for Health"



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Thursday, March 5th 2009 • 1:30pm - 8:00pm • Century Plaza Hotel

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## 1:30 - Health in the Workplace Sessions:

● **1:30 - Yoga/Stretch Class**  
Facilitator: Donna Tennant

● **2:30 - In the thick of it: Staying balanced at work**  
Facilitator: Shayna Hornstein

## 4:00 - Reception

## 4:30 - Concurrent Sessions:

● **Forum Theatre Troupe Workshop**  
Facilitator: Anna Soole, Theatre Troupe Coordinator, YouthCo AIDS Society

● **Positive Action**  
Women living with HIV discuss their political activism

## 6:15 - Dinner and Keynote Speakers:

### **Dr. Susan Burgess**

On women, housing and healthy living

### **Ruthann Tucker**

On *Positive spaces, Healthy places*, a community-based research project exploring HIV, housing and health

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**Century Plaza Hotel, 1015 Burrard Street, Vancouver**

RSVP to PWN at 604-692-3000 or [pwn@pwn.bc.ca](mailto:pwn@pwn.bc.ca)

This event is FREE!

Special thanks to Abbott, the exclusive pharmaceutical sponsor of SpringBoard

