

PORTFOLIO

- August 24-28, 2009 - Vodders Basic Level, Toronto, ON
- October 24-28, 2009 - Vodders Level 2, Victoria, BC
- Jan 30-Feb 14, 2010 - Vodders Level 3/4, Dallas, TX including Juzo certificate
- Tues Oct 5, 2010 - Reducing Cancer Risk and Optimising Survival - webinar
- Sat Oct 16, 2010 - Therapist meeting Kitchener
- Tues Oct 19, 2010 - Breast Cancer and LE and Benefits of exercise, Oakville Trafalgar Hospital
- Wed Oct 27, 2010 - Circaid Certification, Toronto
- Sat Nov 13, 2010 - Therapist meeting Kitchener
- Sat Nov 20, 2010 - Lymphedema Conference, Toronto - started Reid Sleeve/ Peninsula Medical Certification
- Sat Dec 11, 2010 - Therapist Meeting Kitchener - Leukotape
- Sat Jan 8, 2011 - Therapist Meeting Kitchener and Solaris Certification
- January 13, 2011 - completed Reid Sleeve certification over webinar
- January 14, 2011 - became an ADP authorizer for lymphedema garments
- Feb 4- March 18, 2011 - Wound Management for Health Professionals Level 1 HPPD257 2011S, UofVictoria
- February 12, 2011 - Therapist Meeting Kitchener - Lymphdiarial presentation
- March 4, 2011 - Neuro-proprioceptive taping course for LE management
- May 24, 2011 - 1 hour board meeting, skype, Navalt
- June 13, 2011 - Exercise and Self-management workshop, Dorit Tidhar, 9-5
- June 14, 2011 - Volume Graphing Workshop, Kitchener, Dorit Tidhar, 9-5
- June 17, 2011 - 3rd ILF Conference in Toronto, 830-6pm
- Sept 10, 2011 - 10am-2:30pm Coban 2 Workshop/introductory course, Kitchener
- Sept 27/28, 2011 - 9am-4pm Coban 2 Workshop, 2 days, Toronto, Ontario
- October 15, 2011 - Therapist Meeting Kitchener with John Mulligan
- October 25, 2011 - 7:30-9pm LAO webinar, Debunking the myths of exercise and activity with Lymphedema
- December 10, 2011 - 10am-noon, Therapist Meeting Kitchener with Jim Annett/Juzo

- January 14, 2012 - 10am-noon, Therapist Meeting Kitchener with Lynn Gorensen of Healthwear/ FirmaHealthwear
- March 19, 2012 - 10am- 11:30, McMaster University Wound Care Management Fair (via Lymphedema Depot).
- June 17, 2012 - 9am- 5pm - Measurement Workshop, Burlington with Dorit Tidhar (9-5pm)
- June 18 - 23, 2012 - Aqua Lymphatic Therapy, Burlington with Dorit Tidhar (47 hours total)
- July 13-15, 2012 - Vodder Recertification, Toronto (20 contact hours)
- July 21& 22, 2012 - CPR and First Aid, St. John Ambulance (9-5pm each day)
- Aug 19 & 20, 2012 - Montreal - Measurement and Advanced Garment Fitting Course, Angela Vollmer
- Aug 25, 2012 - 9am-10am - meeting with Millie at Motion Specialties, KW re ADP fitting
- Sept 8, 2012 - Therapist Meeting KW - presenting ALT and exercise presentation - 9-12:30pm
- Sept 12, 2012 - Webinar - 3M, New Guideline for Compression Therapy with Martina Reddick - 12-1pm
- Oct 27, 2012 - me presenting at provincial conference, LAO, Exercise and Arm Lymphedema. 8am-5pm
- Dec 8, 2012 - Therapist meeting KW - topic = how to prepare a case study 9-12:30pm
- January 1 - June 26, 2013 - Athabasca University, Biology 204 (10hrs home study/week)
- March 6, 2013 - LAO AGM with guest speaker Dr Kathleen Francis 7:30pm-9pm
- March 6, 2013 (recorded broadcast) - Lymphatic Research Foundation, Update on Lymphatic Surgery - Vascularized lymphnode transfer in the treatment of Lymphedema - Dr Joseph H Dayan M.D - 7:30-9:30pm
- March 21, 2013 (webinar) 3M - Demystifying compression therapy - Alison Webb - noon-1pm
- May 9, 2013 - 1/2 hr presentation for the ladies at Encore in Hamilton followed by 2 hrs of observation (exercise/aqua)
- July 19, 2013 - webinar - Preventing Lymphedema, separating fact from fiction - Dr. Mehrara - 25minutes
- August 21, 2013 - CPR recert 9am-1pm
- Sept 2, 2013 - noon-9pm - 8 hrs of prep for the powerpoint presentation on LE/txt
- October 23, 2013 - 11:30am-1:30pm 2 presentations at J.Brant Hospital on "What is LE and what are the treatment options"
- October 25/26, 2013 - First Canadian National Conference on Lymphedema - Toronto Ontario - 8am-5pm both days
- Nov 2, 2013 - Webinar - Breakthrough in Lymphedema Treatment (Dr.Dayan & Dr. Smith) - 2hrs, 7 min

- March 28, 2014 - Webinar - Relationship between Lymphatic Dysfunction and Inflammation - Dr David Zawiega - 2hrs
- March 29, 2014 - Webinar - BCRL a systemic condition? Dr Mortimer, England - 1.5hrs
- May 3, 4, 5, 2014, Victoria, B.C - Vodder Recertification, (20 contact hours) 8:30-5:30pm
- May 15, 2014 - presentation on Lymphedema and Lymphatics for the Encore program, Hamilton - 5:45-7:45pm
- May 29, 2014 - LAO General Meeting Webinar 7:30pm-9pm, Dr.David Keast "Skin and Wound care for LE"
- August 20, 2014 - CPR recert 9am-1pm
- November 15, 2014 - Therapist meeting @ Grand River Regional Cancer Centre 10am-12:20pm
- November 20, 2014 - Webinar, 1 hour, "A Biomechanical Approach to Lymphedema, understanding and fixing the plumbing".- Dr. Moore.
- November 2014 - Course on Cording/Axillary Web Syndrome, on-line
- December 29, 2014 - Webinar, 1.5hrs on Lipedema with Dr Mark Smith and Catherine Seo PhD.
- December 30, 2014 - Fat Disorders Research Society (Sept 2014 Conference)- Lipedema and Dercums Disease - Dr. K. Herbst and Linda Kahn (Nutrition and Supplements) 1.5hrs
- February 2015 - Lymphatic Therapist Meeting, 10am-12:30pm
- April 17, 2015 - Professional Development day for Lymphedema Therapy/Management, 10am-3:30pm
- April 25, 2015 - First Annual Lipedema Conference (with Prof. Foeldi) - 4 hours.
- May 2015 - Advanced training course in head, neck and facial edema - ongoing
- June 3, 2015 - presentation to the Encore group on Lymphatics/Lymphedema - 1 hour
- 2016 - Toronto, ON. Vodder Recertification (20 Contact Hours)
- July 2018 - Lymphedema Association of Ontario booth at local rodeo event
- September 2018 - Presentation for LAO at their Annual General Meeting
- October 2018- booth at local Cancer awareness event
- June 2019 - Toronto, ON. Vodder Recertification (20 contact hours)
- presently preparing for the Lymphology Association Of North America's exam

