

Community and Hospital Infection Control – Southern Alberta
September 17, 2010

CHANGE
an infection that keeps on
giving

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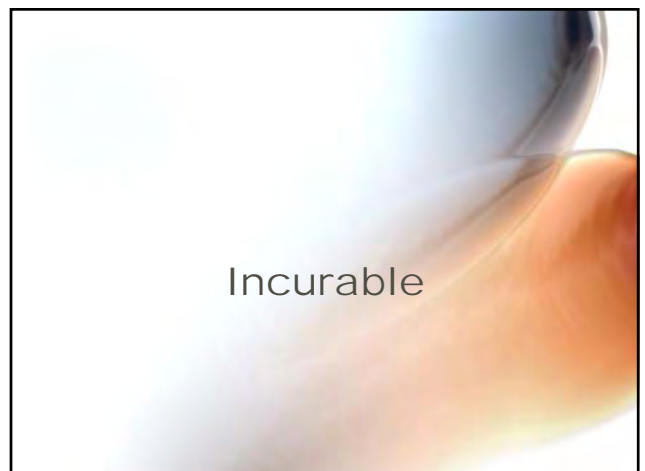
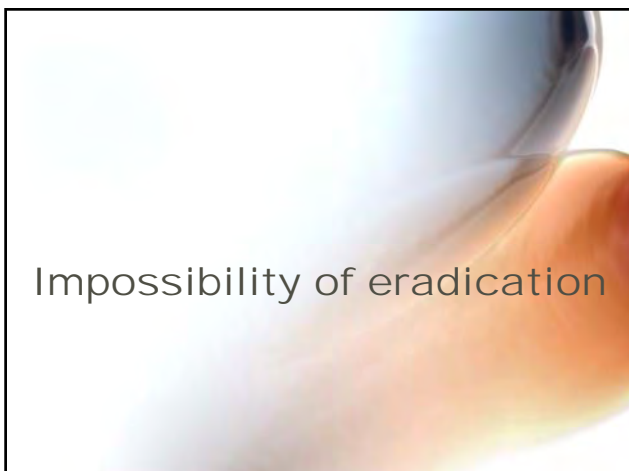
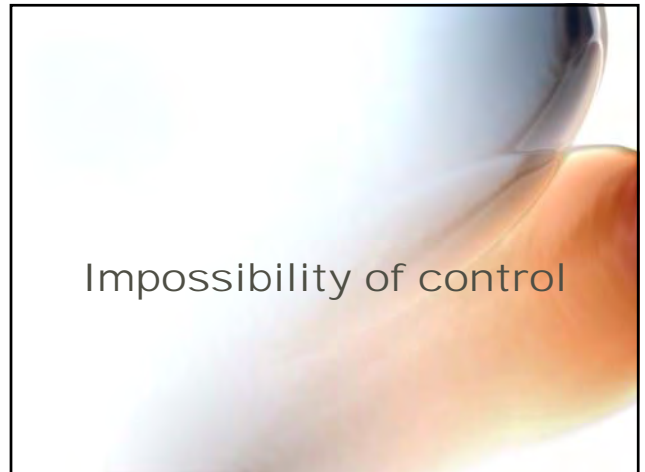
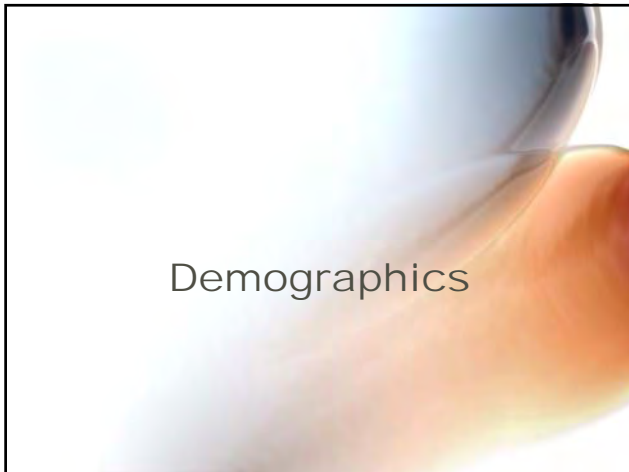
Professional Disclosures

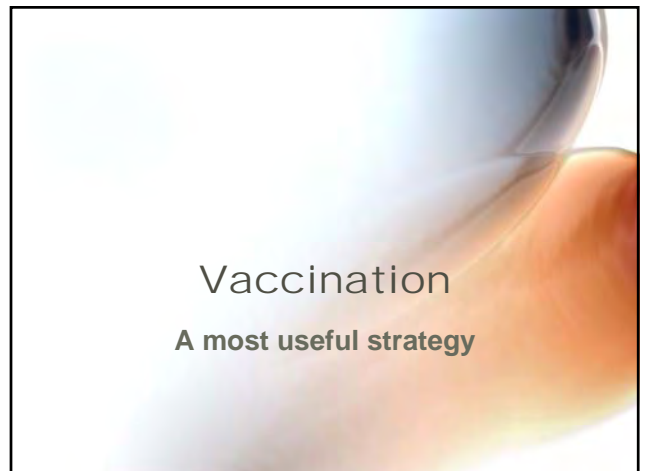
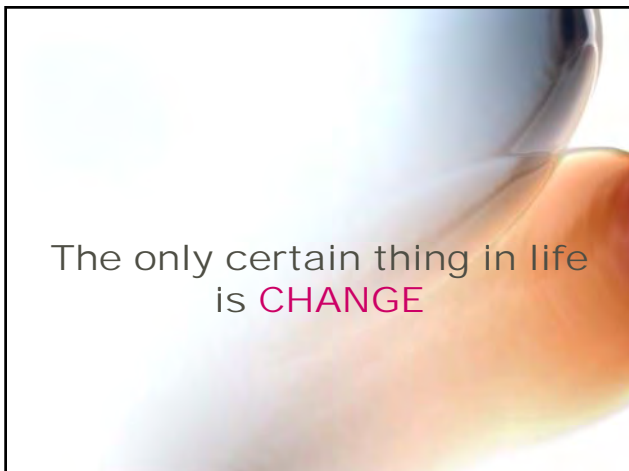
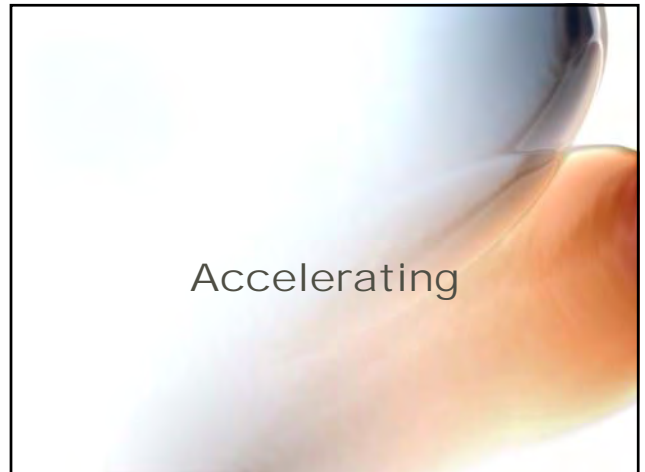
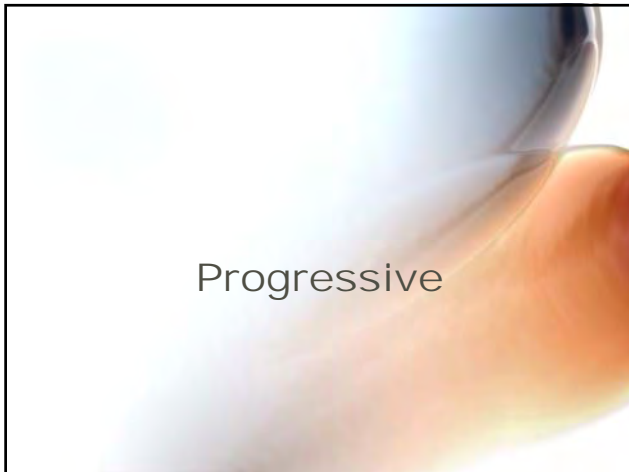
**I receive no extra funds from
pharmaceutical companies**

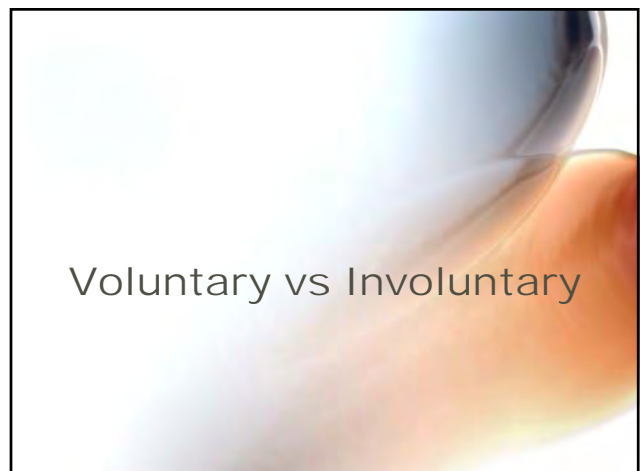
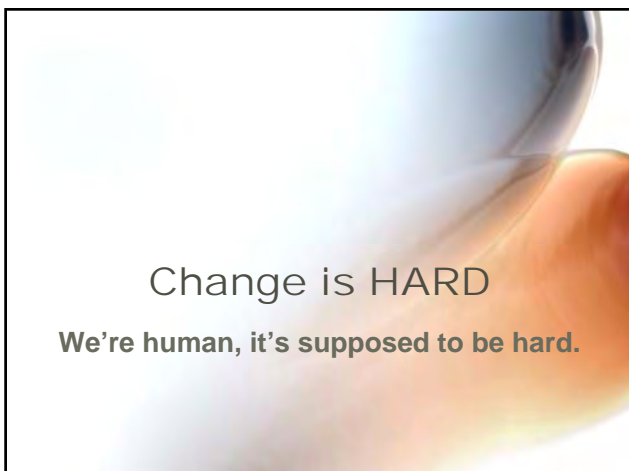
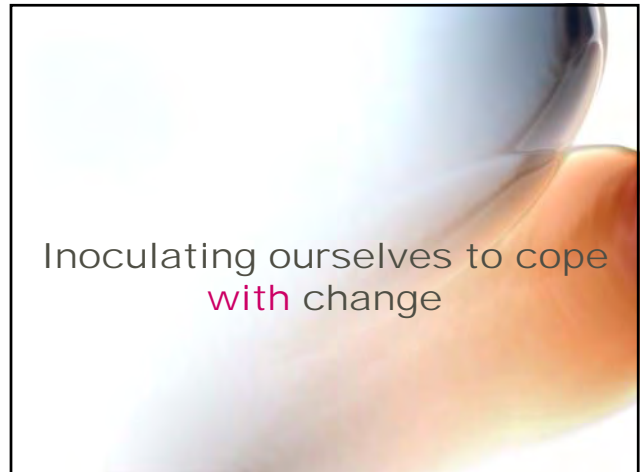
**I am on salary with Alberta Health
Services so you need to know that**

A metaphor of infection

Epidemiology
Or is it an epidemic?







Change after a period of
"stability"

Inoculating ourselves

BODY

- Eating right
- Adequate Hydration
- Adequate exercise
- Adequate sleep
- Adequate sex

MIND AND SPIRIT

- Hobbies / creativity
- Connection
- PLAY, PLAY, PLAY
- Laughter
- ME first

Change will always be with us
We need to find a way to
THRIVE

Thank you
Any questions?