

Alain Burrese

SPEAKER BIO:

ALAIN BURRESE is an expert on safety, security, and self-defense. He has authored several books, numerous articles, and ten DVDs on safety, martial arts, and self-defense. He's also produced a popular series of Best Safety Tips videos that you can view at www.yourwarriorsedge.com. Alain's education includes a B.S. in Business Administration and a J.D. from the University of Montana School of Law. He's a former Army Paratrooper and Sniper Instructor and has over 30 years of martial art and self-defense training. View more about Alain and his services at www.burrese.com.



Janet Calkins

SPEAKER BIO:

JANET CALKINS is the owner of iMed Advantage, a medical billing agency in Missoula, MT. With a Bachelor's Degree from Brigham Young University in 1995, Janet began working part-time as a pharmacy technician. Gaining more experience, she began working for a large medical practice in Southwestern Idaho. She and her husband, Don moved to Missoula, MT in 2004, where Janet worked for a medical billing firm. Wanting to provide more to medical practices, she began iMed Advantage in 2009. It is Janet's goal to help as many medical practices as she can to be as efficient as possible.



Linda Hightower

SPEAKER BIO:

LINDA HIGHTOWER, a Missoula native, was born, raised, and schooled here. She graduated from St. Patrick School of Nursing in 1978 and became Orthopaedic Certified in 1988. She developed a special interest in osteoporosis after working in orthopaedics for many years. She has been working to improve awareness and prevention in women all over the nation since then. She has a strong membership in the National Association of Orthopaedic Nurses, who have been a support system and encouragement to Linda since the early 1990's. She has developed programs for osteoporosis education that are being used internationally and her only publications have been in osteoporosis. She will explain herself how she became so involved in osteoporosis. She also is a hobby gardener which you may see in her slides.



“Stay Safe: At Home, Traveling, At the Office, and On the Street”

Despite what you see on television, the world doesn't have to be a scary dangerous place. In fact, you can learn to be safer AND enjoy more at the same time. The common sense safety principles taught in this workshop will allow you to stay safe regardless of your location. The practices, habits, and strategies taught in this program will help you stay safe, and thus allow you to enjoy life to its fullest. As a bonus, these same strategies will help you recognize more that life has to offer by alerting you to the positive things around you. Anyone can, and everyone should, learn to stay safe. Let Alain show you the way. This program will help you blossom, succeed, and do so safely!

“Simmer Down! Stress Management Strategies”

Are you stressed-out? You may think that's a simple yes or no answer, but many of us have been living with high levels of stress as a normal part of our lives for such a long time that we may not even know how stressed we truly are feeling! In this session, we'll discuss the harmful effects stress can have in our lives, identify what stresses we are dealing with, and learn some ways to help us manage our anxieties. You may find that just by making a few small changes in your life, you will 'breathe easier'.

“Fractured Stems Rarely Bloom”

In this informative presentation, Linda will explain how she became so involved in osteoporosis. Linda will give an overview of osteoporosis and its consequences. She will discuss risk factors and the various methods for diagnosis, prevention, and treatment. Linda also is a hobby gardener which you may see in her beautiful slides. Come and learn how to maintain strong and healthy bones for life!

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