Learning from experience

The University of Waterloo is synonymous with excellence in co-operative education. It was the foundation on which we were built and by which we are truly defined. Our activities in co-operative education allow our students to link their academic and career goals, leading to success in work and life. While 60 percent of Waterloo students are engaged in co-operative education, there are still 40 percent for whom we need to provide work-integrated learning opportunities outside of the co-op experience. We do this through experiential education — learning opportunities steeped with experience, both inside and outside the classroom. To be meaningful, these activities must connect to curriculum, be tied to explicit learning outcomes and involve supervision, assessment and evaluation.

In Applied Health Sciences (AHS), we are enhancing our existing experiential education opportunities and implementing some exciting new initiatives to facilitate the highest quality of enhanced learning amongst our students.

We are developing a first-year inquiry course designed to promote essential skills, like problem solving and critical thinking, which will help students throughout their university career. Statistics have shown that students exposed to inquiry-guided learning are more likely to successfully complete their program and achieve the highest standings.

We are the first Faculty on campus, and the second in Canada, to implement a “Common Book” program. Incoming students are encouraged to read The Immortal Life of Henrietta Lacks by Rebecca Skloot — a compelling story about the woman whose cancer cells started the HeLa human cell line. Students are asked to consider the major issues reflected in the book, including research, ethics, poverty and social justice — all central to Applied Health Sciences curriculum — and are urged to discuss their thoughts through an online discussion board. Particularly meaningful is the fact that researchers use HeLa cells in our own labs and students potentially have the opportunity to work with them during their studies.

Kelly Anthony, highlighted in our cover story, uses community-service learning in her classroom — a vibrant example of experiential education in action. A Distinguished Teaching Award winner, Anthony is Applied Health Sciences’ first Teaching Fellow and in this role she gives kinesiology student volunteers the opportunity to prepare human cadavers for the fall term.

Students, faculty, and staff will forge connections this fall reading The Immortal Life of Henrietta Lacks, our common book program for incoming AHS students.

BEYOND BOOKS

students engage in experiential learning

A pillar of experiential learning, co-op provides AHS students with applied opportunities in the workplace.

This year, Health Studies student Namica Thavarajah won the University’s Co-op Student of the Year Award for her work at Sunnybrook Health Sciences Centre. As part of Recreation and Leisure Studies’ second-year program management course, students plan, organize, implement, and evaluate a program. In November, the class hosted Waterloo West Neighbour Fest, a day-long family event at the Stork Family YMCA and Harper Library.

In June, three student teams from Waterloo’s School of Public Health and Health Systems beat out 26 other teams from across the country to claim the top spots at the Canadian Evaluation Society’s student case competition. Held annually, the competition helps students build skills in evaluating public policies and programs using real examples from the public sector.

Now in its second year, the anatomy lab’s summer dissection club gives kinesiology student volunteers the opportunity to prepare human cadavers for the fall term.

From books to bikes, undergraduate students in the KIN 205 lab measure heart rate response to predict maximal aerobic power.

Waterloo’s kinesiology program employs six full time lab coordinators to provide undergraduate students with small group, hands-on experiences.

In recognition of Therapeutic Recreation Awareness Month in February, a group of students, under the supervision of Leeann Ferries and Carrie Briscoe, organized a series of hands-on events on campus. At one of the events, a group of students faced off against three of Canada’s Paralympic athletes in a game of sitting volleyball.
The Faculty of Applied Health Sciences is pleased to announce the appointment of Jim Rush as Associate Dean as of July 1, 2013. Rush, a Canada Research Chair in Integrative Vascular Biology, leaves his position as Chair of the Department of Kinesiology to take on this new role.

The Faculty of Applied Health Sciences proudly honoured Alyson Woloshyn (BA ’00, BLS) as the 2012 AHS Alumni Achievement Award recipient and Adil Bhatti (BSc ’05, KIN) as the 2012 AHS Young Alumni Award recipient at spring convocation.

View the full strategic plan at uwaterloo.ca/ahs/strategic-plan.

Built around a new vision and mission statement, the plan outlines the Faculty’s priorities, goals and objectives through to 2018.

“This strategic plan will guide our actions, shape our plans, and act as a benchmark for our successes over the next five years. I would like to sincerely thank all those who participated in the creation of the plan by offering their expertise, feedback and ideas,” said Susan Elliott, Dean of Applied Health Sciences.

The plan was created through a consultative process with key stakeholders — including more than 800 AHS alumni, 160 staff and retirees, 140 undergraduate and graduate students, and 14 leaders from the academic, private, healthcare, and not-for-profit sectors.

View the full strategic plan at uwaterloo.ca/ahs/strategic-plan.

On June 11, more than 300 graduating students filled the Physical Activities Complex to mark the first AHS-exclusive convocation ceremony. At the ceremony, the University awarded Dr. Jean Chamberlain Froese an honorary Doctor of Laws for her tireless advocacy for the rights of women and children. An associate professor in obstetrics and gynecology, Dr. Chamberlain Froese is director of the International Women’s Health Program, and executive director of Save the Mothers, an international organization she helped found in 2005.

INTERNATIONAL RECOGNITION

On June 11, Dr. Jean Chamberlain Froese received an honorary Doctor of Laws at AHS’s first convocation ceremony in June. She is pictured here with Dean of Applied Health Sciences, Susan Elliott.

trying to quit smoking? We have an app for that.

In April 2012, scientists at the Propel Centre for Population Health Impact launched Crush the Crave, a research-based smoking cessation app. Now, just over one year later, the popular app has been updated to help keep even more people from smoking.

Based on scientific findings related to tobacco use among Canadian youth, Crush the Crave offers a customized quit plan to help young people monitor habits, understand craving triggers, share results and gain support from friends online. It also offers social media tools, such as videos and opportunities to chat with friends until the craving subsides a few minutes later.

The app was developed in collaboration with Health Canada, the Canadian Cancer Society, and the student-oriented quit smoking program, Leave the Pack Behind.

“Young Canadians may, for the first time, have a shorter life expectancy than their parents,” said Bruce Baskerville, a senior scientist at Propel. “This is the first evidence-based mobile app targeted to people between the ages of 19 and 29 — the demographic with the highest smoking rates in Canada, and the most users of smartphones.”

With more than 1,200 installations, more than 17,000 Facebook fans, and 600 Twitter followers, the app’s growing popularity suggests it is striking a chord with young people. A randomized controlled trial is underway to determine its impact and cost-effectiveness.

To learn more about the app, visit crushthecrave.ca.

UW WELL-FIT launches new program

In February, thanks to generous funding from the Zonta Club of Kitchener-Waterloo, UW WELL-FIT launched LIVING-FIT, a unique four-week group program for women undergoing adjuvant hormone therapy for breast cancer. The program educates women on how exercise can help them adhere to their treatment plans and manage treatment-related side effects.

“Our investment in UW WELL-FIT is an opportunity for us to make a meaningful impact on the lives of people in our community,” said Fran Fisher, Zonta Club president.

In February, nearly 12 years as Director of the Murray Alzheimer Research and Education Program (MAREP), Sherry Dupuis has stepped down from the role to focus on her teaching and research activities with the Department of Recreation and Leisure Studies and the Partnership in Dementia Care Alliance. Dupuis’ last day as director was May 31, 2013.

Under Dupuis’ direction (pictured above with Kenneth Murray, MAREP founder), MAREP evolved into a renowned research unit brown for innovative knowledge translation tools like the By Us For Us Guides and the Changing Melody Forum.

Dupuis’ expertise and passion significantly raised the profile of dementia research across Canada and around the world. Her research will continue to enhance the lives of those experiencing Alzheimer’s disease and related dementias.

MAREP will continue with their research, programs, and services while investigating new leadership.
A kinesiology student gets hands-on experience treating a novice athlete under the supervision of Head Athletic Therapist Rob Burns.

A leader in co-operative education, Waterloo has long been a proponent of experiential learning — a multidimensional approach to education that connects students to the real world by providing them with relevant, hands-on opportunities to apply their theoretical knowledge to practical experiences.

But now, with an increasingly competitive job market waiting for students after graduation and a renewed focus on teaching excellence with the launch of the university’s Teaching Fellows Program in February 2012, Waterloo is setting the bar even higher.

Each year, as part of her social determinants of health class, Anthony takes students on a guided walking tour of downtown Kitchener led by a formerly homeless man. On the tour, students get a chance to speak with homeless people and see first-hand where they sleep, find food and access medical care.

“It’s intense and personal. But I want students to know that’s it’s reality, it’s their world,” says Anthony.

Also on Anthony’s syllabus are visits to local shelters, low income residential facilities, and a trip to Grand Valley Institute for Women, a federal prison.

“While textbook learning is fine, visiting a place like an actual prison and meeting some of the women was an entirely different story,” says Kinshuk Kumar, one of the students in Anthony’s class. “It brought a degree of humanity to what we had been talking about. It gave me a completely new level of understanding.”

For Anthony, that’s all that matters. “The goal is learning. If that means going outside of my teaching comfort zone, then I have to take the risk. What’s important is what the students walk away knowing, not what I walked in knowing.”

Laura McGill. “Thank you for creating so many opportunities to build foundational knowledge. It’s clear that we are well prepared to succeed — in whatever field we choose.”

It’s a kind of appreciation students just can’t get from a textbook.

“A textbook can’t show you how it all connects. A textbook can’t show you how it all connects. It’s a kind of appreciation students just can’t get from a textbook.”

A colleague who has been a proponent of experiential learning at Waterloo for several years is Tamara Maciel. As the coordinator of one of a few anatomy labs outside of medical schools in Ontario, Maciel ensures that every first-year kinesiology student has opportunity to learn from human cadavers.

“I saw the value of hands-on education. As the coordinator of one of the only two anatomy labs outside of medical schools in Ontario, Maciel ensures that every first-year kinesiology student has the opportunity to learn from human cadavers. “It was the first time we did programming in the community,” says Glover.

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Sharon Mair, one of the students in the class, says designing and implementing Neighbourhood Fest gave her the real-world experience she was craving.

“Recreation and Leisure Studies is a hands-on field, so it’s important for us to get the practice, to push ourselves and learn our limitations. The class gave us a skill set we’ll need when we graduate, which is why the experience has so much value.”

Anatomy of an education

Tamara Maciel certainly understands the value of hands-on education. As the coordinator of one of the only a few anatomy labs outside of medical schools in Ontario, Maciel ensures that every first-year kinesiology student has opportunity to learn from human cadavers.

“Having this type of opportunity is critical to our students’ learning. The lab gives them a chance to see beneath the skin and truly appreciate human form and function,” she says.

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School of Public Health and Health Systems

**New faces**
The School welcomes the following new faculty members (pictured clockwise from top left):

**Joon Lee** | Assistant Professor
---|---
**Interests:** health informatics, decision making in health care

**Brian Laird** | Assistant Professor
---|---
**Interests:** risks from environmental contaminants

**Chris Perlman** | Assistant Professor
---|---
**Interests:** health evaluation, mental health services research and evaluation

**Elham Satvat** | Assistant Professor
---|---
**Interests:** role of adult neurogenesis on memory formation

**Diane Williams** | Lecturer
---|---
**Interests:** biophysical determinants of health

**Building capacity**
To become Canada’s best, the School of Public Health and Health Systems needs a home large enough to house its aspirations. Over the next five years, the School will add several new degree programs, double student enrollment, and increase interdisciplinary research directly impacting health care policy.

At a cost of $25 million, the new 63,000 square-foot state-of-the-art facility represents the largest fundraising campaign ever undertaken in Applied Health Sciences. “The building will catalyze our ability to engage new partners from other faculties, universities, agencies and sectors. Such partnerships ensure that we will become a public health leader, in the community, across the country and around the world,” Dean Susan Elliott emphasized.

**Steve McColl retires**
After 36 years in the field of health studies at Waterloo, Professor Steve McColl retired July 1, 2013. As colleagues and students gathered to honour McColl, one of the founding faculty members who established the Department of Health Studies in 1978, they recognized his retirement was indeed a milestone in the history of the School of Public Health and Health Systems (SPHHS).

Originally joining the Faculty in the kinesiology department, McColl — a young “hot shot” cellular biologist from Purdue University — was part of the visionary concept to expand the Faculty beyond the biomedical side of health care. McColl’s contributions to the department, often behind the scenes, have been vital to the growth and impact of the SPHHS.

Serving as Associate Chair for Undergraduate Affairs in the early years, McColl helped establish a rigorous undergraduate curriculum, and high teaching standards. Beyond his stellar work in the classroom, McColl provided leadership at critical points in the development of the School, serving as Chair from 2002 to 2008 and after that as Associate Chair for Graduate Studies, when initial plans for the school were being implemented.

“Steve has done so much to initiate the School, and to nurture its people along the way,” says Roy Cameron, retired faculty member of SPHHS.

John Garcia replaces Steve McColl as interim Director for the School of Public Health and Health Systems.

**New programs**
Two new degree programs, an honours Bachelor of Health Promotion and a Master of Health Evaluation (MHE), will be offered in the SPHHS. The Health Promotion program, which will begin in September 2013, prepares graduates for health-focused careers in public health units, health centres, and with disease-fighting organizations. The MHE, set to launch in September 2014, is Canada’s first professional online course-based graduate degree providing training in the evaluation of health programs and services.
Campus Athletics Research Network

“We’ve caught the research bug,” says undergraduate student Kelly Harris (pictured right). The affliction is the result of an innovative new collaboration between the Department of Recreation and Leisure Studies (RLS) and the University’s Department of Athletics and Recreational Services.

The Campus Athletics Research Network (CARN) serves as a “research shop” where undergraduate and masters students select a challenge faced by the Athletics department and address it using theoretically grounded research approaches and techniques. Harris’ first project involved developing a diagnostic survey to help the Athletics department match campus recreation programs with new users’ interests. She’s now considering a second CARN project, which examines factors influencing alumni decisions to give to varsity athletics.

The CARN provides important experiential learning opportunities for RLS students,” says CARN director Luke Potwarka. “It allows our students to apply theory and engage in a research process to address ‘real world’ challenges.”

For many students, this is the first chance to experience the relevance and application of research firsthand. “Students have the opportunity to make practical recommendations to the Athletics department based on their research findings,” explains Potwarka. “For me, witnessing students’ research being used to inform managerial decisions, policy, and strategy is the most rewarding element of the network.” To learn more about CARN, visit uwatoo.ca/rec/carn.

Research exerts benefits of camp

Summer camp is about more than s’mores and sing-alongs. A camp counselor in his youth, professor Troy Glover suspected that camp changes kids for the better. Thanks to the Canadian Summer Camp Research Project led by Glover and RLS collaborators Steven Mock and Roger Mannell, he now has the data to prove it. “We found that summer camp allows for either improvement or reinforcement of positive attitudes and behaviours, and these changes are maintained long after camp has ended,” said Glover.

The latest findings, wrapping up a three-phase project, were based on the perceptions of 1,405 parents of campers between the ages of 4 and 18. The study examined whether parents either improvement or reinforcement of positive attitudes and behaviours, and these changes are maintained long after camp has ended,” said Glover. The latest findings, wrapping up a three-phase project, were based on the perceptions of 1,405 parents of campers between the ages of 4 and 18. The study examined whether parents noticed changes in their children’s social integration and citizenship, environmental awareness, attitudes towards physical activity, emotional intelligence, and self-confidence after returning from camp.

“Parents perceived positive development in all areas,” says Glover. “Regardless of age, gender or camp experience, all campers experienced some degree of positive outcomes and growth.” Older children experienced the greatest changes in attitudes and behaviours, while girl campers experienced greater levels of social integration and citizenship than boys. Children who stayed at camp longer exhibited greater changes, with returning campers experiencing greater positive changes than new campers.

“The camp experience transfers into everyday life,” explains Glover. “Parents can leverage this and help children foster the skills and values to become successful adults.”

Roger Mannell retires

As a prominent social psychologist in the field of leisure and the former Dean of Applied Health Sciences at the University of Waterloo, Roger Mannell should be well-prepared to walk the talk. Mannell (pictured below with colleagues in the Department of Recreation and Leisure Studies) retires this September after nearly four decades of scholarly contributions and administrative leadership at Waterloo. “Much of what we know of the social psychology of leisure can be traced to Roger’s work,” says department chair Mark Hautz. “His impact on our professional field has been nothing less than profound.”

A fellow and past president of the Academy of Leisure Sciences, Mannell pioneered research methodologies including path and structural modeling, and the experiential sampling method. He discovered the social and personality factors that influence how people choose to use their leisure and how leisure choices affect the quality of their lives, and is a world-renowned expert on theories of play. In recent years, his research has examined the impact of time pressure and stress on family leisure and lifestyles, the relationships between work and health, and leisure, mental, health, and well-being.

In addition to inspiring legions of undergraduate and graduate students, Mannell led and represented the Faculty as Associate Chair, Chair of both the dance and recreation and leisure studies departments, and the founding director of the BIC Retirement Research Centre. A dedicated father of five, Mannell looks forward to spending more time at the cottage with wife Marg and the next generation, where he can truly study leisure in its finest.

Chris Bourne

“I have a hard time relaxing. Life for me is go, go, go,” says Chris Bourne. One glance in his garage suggests this is an understatement: amongst the kids’ toys hangs a plethora of skis, handcycles, and beat-up racing chairs that drives his wife crazy.

An accomplished wheelchair racing triathlete and avid water skier, Bourne has spent decades promoting a physically active lifestyle for people with all types of disability.

It was more than 20 years ago, enroute to a day of waterskiing, that a freight train collided with Bourne’s car leaving him paralyzed from the waist down. Following extensive rehabilitation, he re-embarked on his athletic and scholarly pursuits. Missing his days on the lake, he built a makeshift seat, bolted it to a kneeloboard, and was back up on the water. The purchase of professional skis and dogged determination led to three world disabled water skiing championships and multiple Canadian records.

He finished his business degree and later completed his master’s in recreation and leisure studies. Bourne now works as a rehabilitation counselor with Spinal Cord Injury Ontario and manages the Changing Minds, Changing Lives program with the Canadian Paralympic Committee.

Outside of work, he has chaired committees to make towed water sports more available to people with a disability, and helped develop SkiAbility, a nationwide outreach program that provides adapted water ski clinics for instructors and skiers with a disability.

As an athlete role model, he regularly visits schools and rehabilitation centres delivering motivational and educational presentations to inspire young people to achieve their goals.

Bourne believes challenges are what make life interesting. Overcoming them is what makes life meaningful; “I love to push the boundaries,” he asserts. “The way I define the limits of what’s possible is by continually going beyond them to what is initially perceived as impossible.”
Kinesiology

The Department of Kinesiology welcomes the following new colleagues:

**Ewa Niechwiej-Szwedo** | Assistant Professor
Interests: Eye movements, visuomotor coordination during functional tasks, development of motor control, binocular vision, multisensory integration

**Michael Barnett-Cowan** | Assistant Professor
Interests: Multisensory integration, perception and action, vestibular system, psychophysics, cognition, gravity perception, neurostimulation

...and new spaces

The Faculty of Applied Health Sciences is growing significantly with new programs, increased enrolment and the addition of new faculty and staff to support these activities. Space shortages have never been more challenging. Fortunately, relief is in sight.

Tech Town, a privately owned building in the University’s David Johnston Research and Technology Park was donated to the University in 2012 and Applied Health Sciences is in the process of converting Tech Town, a privately owned building in the University’s David Johnston Research and Technology Park, into a new home for Kinesiology.

In the spring of 2014, ground will break for a new kinesiology building on main campus that will provide much-needed laboratory and teaching space for students and faculty. Wet lab space will accommodate highly specialized instrumentation for research. The three-story building will also include a new 300+ seat lecture theatre.

Leading-edge research with the potential to improve human health has earned national recognition for four Waterloo professors – kinesiology faculty members James Rush, Richard Staines, Jack Callaghan and Ken Stark, who hold the title of Canada Research Chair (CRC).

**James Rush**, Canada Research Chair in Integrative Vascular Biology since 2003, examines the cellular and molecular basis for poor blood vessel function in hypertension, and for the beneficial effects of exercise, dietary factors and antioxidants on blood vessel function. Richard Staines, Canada Research Chair in Sensorimotor Control since 2005, is developing new innovative strategies based on basic knowledge of neural mechanisms for motor control, to help patients recover movement after suffering a brain injury, such as a stroke.

In October 2012, Jack Callaghan advanced to a Tier 1 chair in Spine Biomechanics and Injury Prevention, while Ken Stark joined the roster as Canada Research Chair in Nutritional Lipidomics. Callaghan’s research into lumbar spine function and spinal injury is influencing workplace standards, helping to prevent spinal injuries and improve treatment for people suffering from lower-back pain. Stark studies nutritional lipidomics to better understand the links between diet and disease. He likens his work to dietary forensics, with body lipids such as cell membranes telling the story of a person’s eating habits and how their diet impacts their overall health.

There are 2,000 Canada Research Chairs at institutions across Canada, including 60 at the University of Waterloo.

**Pro Stergiou**

Gaining the trust and support of the best amateur athletes in Canada and their coaching team is just another day on the job for kinesiology graduate Pro Stergiou. As Director, Biomechanics and Performance Analysis at the Canadian Sport Centre Calgary (CSCC), Stergiou works directly with high performance athletes and coaches to analyze the biomechanics of their movements, at their venue, while they perform.

“The key to success is all about building a strong relationship with athletes right from day one,” says Stergiou, who credits a co-op position with Dave Winter, a former faculty member in kinesiology, for inspiring him to pursue a career in biomechanics.

“Funny story, I didn’t even know what kinesiology was when I applied to university,” Stergiou shares. “A friend told me about the program in the myriad of physical education programs and I was like Kines-what? It was just my good fortune that I found my way to kinesiology and the field of biomechanics.”

Now, as he reflects on his five years at Waterloo, three years playing varsity soccer, the co-op program and his studies in kinesiology, Stergiou still attributes the skills and knowledge he has today to a top-notch program that gave him hands-on learning in the lab that helped him hit the ground running upon graduation.

Beyond his director role, Stergiou is an instructor for the National Coaching Institute’s biomechanics course through the CSCC where he teaches elite Canadian coaches about technology and biomechanics.

“I explain some of the various technical tools to help in the assessment of an athlete’s movement and help coaches learn how to best support their athletes,” he says.

Working with coaches to train the Canadian men’s and women’s luge team, Stergiou uses detailed, real-time video analysis to improve the lugeurs’ starting times and techniques. The ultimate pay-off: The hope that the luge team will take home gold at the next Olympics in Sochi.

Stergiou has watched many amateur athletes achieve their goal and become Olympic medalists over the years. For this AHS alumni, the sense of accomplishment he feels knowing he was part of that dream is all that matters at the end of the day.

“When an athlete attributes their success to your work — what could be a better reward than that?”
Preheat oven to 375°F (190°C)

Turkey quiche

Osteoporosis is a condition that causes bones to become thin and porous, decreasing bone strength and leading to increased risk of breaking a bone. At least 1 in 3 women and 1 in 5 men will suffer from an osteoporotic fracture during their lifetime. Good calcium intake throughout your life can help prevent osteoporosis. Keep this calcium-rich recipe handy for those Thanksgiving turkey leftovers!

1/2 tsp salt

In a medium bowl, combine Swiss cheese, turkey, onion, celery, parsley, flour and salt. Stir in milk. Add cheese and turkey mixture; mix well. Place shell on baking sheet. Sprinkle with Canadian Parmesan cheese.

In a large bowl, beat eggs lightly; gradually stir in milk. Add cheese and turkey mixture; mix well. Place shell on baking sheet. Sprinkle with Canadian Parmesan cheese.

More than 350 alumni gathered at the Capitol Event Theatre in Toronto for the first Canadian screening of *The Cole Road*, a documentary following the work of alumnus Rohit Ramachandani (BSc ’04, HEALTH). The documentary features the work of the independent non-profit organization ColaLife as they develop new methods to distribute life-saving oral rehydration medication in Africa using the Coca-Cola distribution system.

AHS alumni Olympic Heather Meyeke (BSc ’00, KIN) and entrepreneur Ami Richter (BA ’01, BLS) creator of LUG (pictured with Mari-Beth Davis, left) returned to campus, along with AHS student Richard Holmes (not pictured) to speak at TEDxUW in November.

Andrew Robertson (PhD ’13, KIN) poses a question to Canadian astronaut Chris Hadfield during Waterloo’s live downlink with the International Space Station in February. Robertson, a member of Richard Hughson’s research team studying the effects of microgravity on cardiovascular health, reconnected with Hadfield — their latest research subject, for post-flight testing following Hadfield’s 5-month mission in space.

Serves 6.

Learn more about Lora Giangregorio’s research on safe and effective exercise prescription for those with osteoporotic fractures: uwaterloo.ca/kinesiology/bones.
The results of our Alumni Events and Engagement survey are in. You gave us some great suggestions for new events and ways you can get involved in the AHS community!

CHECK OUT OUR INFOGRAPHIC ONLINE AT: uwaterloo.ca/ahs/alumni-survey-says for some fun facts about AHS alumni!

**TOP 5 SUGGESTIONS YOU MADE for future new events:**

- **TOPICS:**
  - SPEAKER SERIES: HEALTH & WELLNESS
  - SPORTING & THEATRE TICKET DISCOUNTS
  - LECTURES BY FACULTY OR ALUMNI
  - RECEPTIONS AT PROFESSIONAL CONFERENCES
  - EVENTS AT LOCATIONS ACROSS CANADA

**TOP 5 ENGAGEMENT OPPORTUNITIES you’d like to get involved in:**

- **EVENTS**
  - MENTORING CURRENT STUDENTS
  - GUEST LECTURES BY FACULTY OR ALUMNI
  - RECEPTIONS AT PROFESSIONAL CONFERENCES
  - ALUMNI EVENTS AT LOCATIONS ACROSS CANADA
  - EVENTS

A big thank you to all our alumni who completed the survey!

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**REUNION**

Join alumni and friends and return to campus for **REUNION 2013**.

**Saturday, September 28, 2013**

**REGISTER NOW:** uwaterloo.ca/ahs/alumni-events

- AHS Fun Run 2013 — Celebrating 28 years!
- AHS Alumni Reunion Banquet — Commemorating the classes of ’73, ’78, ’83, ’88, ’93 and ’03