

# FOR THE LOVE OF PETS

Health & Safety Seminar



## Informative classes for:

- 🐾 Pet owners
- 🐾 Dog walkers
- 🐾 Pet sitters
- 🐾 Vet Techs
- 🐾 Pet Volunteers
- 🐾 Groomers
- 🐾 Students

## Friday thru Sunday September 25<sup>th</sup>-27<sup>th</sup> & October 2<sup>nd</sup>-4<sup>th</sup>

- Held in south Minneapolis at the historic Elmwood House Bed & Breakfast
- Fri: 5pm-7:30pm  
Sat/Sun: 10am-3:30pm
- A buffet of healthy snacks (including vegetarian and vegan options) available throughout the day along with coffee, tea and cocoa
- Comfortable environment, small class size
- Gift bags for all participants
- Raffle prizes

\* Not wheelchair accessible

\* Classes are for people only ... no pets.



### Historic Elmwood House Bed & Breakfast

1 Elmwood Place East  
Minneapolis, MN  
(corner of 51st & Nicollet)



Questions?

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### **1 Pet Nutrition** *Dr. Cathy Sinning*

What you feed your canine companion plays a key role in his or her overall health. Dr. Sinning will discuss the variety of dietary options available and provide information to help you decide what may be the best diet for your dog's health.

### **2 Basic Holistic Cat Care** *Dr. Sue Swanson*

From a holistic perspective Dr. Swanson will cover the spectrum of cat care including but not limited to nutrition, vaccinations, behaviors and development throughout a cat's life span.

### **3 Introduction to Acupuncture in Companion Animals** *Dr. Carie Alexander*

Dr. Alexander will give a brief history of acupuncture and discuss how it works, the indications for acupuncture, and its effects and benefits in companion animals.

### **4 Leadership & Canine Communication** *Lynne Willeke*

What does good leadership look like? Do you have voice control with your dog, or do you depend on grabbing the collar or picking up your dog prevent or interrupt bad behavior? Common mistakes well intentioned people make. Do you avoid public places because of your dog's behavior? Dominance is not a dirty word, it just means who has more leadership, authority and respect. How to build love, trust and respect with dogs.

### **5 Managing Canine Osteoarthritis** *Barb Guse, PT CCRP*

An overview of normal joint function and what changes occur as a result of degenerative joint disease (osteoarthritis). Signs and symptoms, diagnosis, contributing factors, and management of OA will be discussed. Participants will learn about therapeutic exercise, basic manual treatment techniques, pain management, home environment modifications, and lifestyle changes to improve function and quality of life for their pet.

### **6 Raw Bistro: Understanding Nutritional Needs & Natural Raw Diets** *Kelli Johnson*

Have you heard about raw foods, but aren't sure what to make of the idea? Come join us in understanding your furry friends' nutritional needs, how different kinds of foods fit into those needs, and why raw foods are being reintroduced into our pets' lives more and more frequently as we continue to understand more and more about real health and wellness! We'll talk about the science and theories of food, and we'll also roll up our sleeves and make some raw food – giving you an idea of the possibilities for your family, and sending you home with some raw food for your pets to try! \*Please bring an additional \$5 if you'd like to take a container of raw food home with you.\*

### **7 Pet Massage** *Jennifer Gibson*

Pet Massage is an important addition to the wellness of all pets and compliments traditional veterinary medicine. It is a way of releasing endorphins for overall well being increasing blood flow to help alleviate pain and energizing the mind while increasing body awareness.

### **8 Massage for Dogs and Their People** *Dr. Kaye Otter*

A treat for dogs and for you! Dr. Otter will teach three different massage techniques for dogs AND she will show you how to protect and relieve your muscles that react when dogs pull or tug on their leashes with trigger point massage and exercise.

### **9 Raising a Lil Canine: 6 Steps to a Near-Perfect Pup** *Colleen Falconer*

Puppies are a joy to own but they can also be a LOT of work. This fun and educational seminar will teach dog owners and dog professionals alike the essentials for a molding their puppies into safe, loving, well-behaved companions at home and in the community. Topics include: How to Avoid Becoming a Human Pin Cushion; Who Let the Dogs Out (to Potty)?; Creating a Chewie Fanatic while Saving Your Oriental Rug; The Art and Science of Gentle Handling and Time-outs; Socializing Your Puppy to Children, the Elderly and Others; Sit Happens, A Guide to Puppy Training on the Fly.

### **10 Essential Oils for Healthy Pets** *Kelli Johnson*

Did you know that essential oils are effective and health-creating options for emotional balancing and behavioral issues, injuries, viruses, skin conditions, bacterial and fungal infections, viruses, tumors, and more? Join us to learn how your dogs' and cats' wellness can be supported with essential oils. Learn how to differentiate between therapeutic-grade and cosmetic-grade essential oils and which oils are comfortable for our more sensitive feline friends. We'll be experiencing essential oils hands-on in this class and recommend that you avoid applying any chemical-containing lotions or salves prior to the class.

### **11 Caring for Ourselves** *Sherry Aggarwal*

After giving of ourselves for the needs of the pets we love, learn new ways of maximizing YOUR physical and emotional well being during the daily outings with your canine companion. Practice routines with simple techniques to help you keep focused and prevent injuries. Also, learn how to count calories and choose food and beverages to keep you going during extreme weather conditions. You will come away with energizing activities and solid info to enhance the care of YOURSELF.

### **12 Holistic Healing Modalities**

*Lena Swanson* Reiki, Flower Essences and Shamanic healing.

### **13 Pet Loss: Getting Past Grief to the Good Memories** *Sid Korpi*

A discussion of issues surrounding pet loss and the difficulties unique to animal lovers. Participants are asked to bring a small photo of their pet for use in a memorial craft project.

### **14 Personal Safety & Self Defense** *Sensei John Dombeck*

Many of us are out late at night walking dogs. John will introduce you to the attitude and philosophy that should be applied in a self defense situation, easy-to-remember principles for escape and defense. Learn safety tips that will increase your awareness of your surroundings along with taking extra precautions when responsible for a clients property.

### **15 Pet First Aid & CPR** *Shelley Jean Newberg*

This is a 5-6 hour course and will certify participants at the completion. This course will prepare you for: restraining an ill or injured pet, CPR and rescue breathing, bleeding injuries, heat and cold injuries, snake and insect bites, bandaging and more. \*There is a separate fee for this class. \$99.00 class fee and \$13.00 materials fee.\*

### **16 Intro to Pet First Aid** *Shelley Jean Newberg*

This is a scaled down version of the Pet First Aid and CPR course. This is not a certification course.

### **17 Pet Health in the Home** *Jerri O'Rourke*

Learn proactive ways for keeping your pets safe and healthy in your homes. Class will cover both indoor and outdoor environments and provide a simple health check list to do while interacting with your pet.

### **18 Communicating with the Animals Around You** *Lena Swanson*

Imagine having the skills to understand what your animals are trying to tell you and to really speak with them in a way they can understand. Imagine being able to have a dialogue with your companion animals about how they feel, why they bark non-stop, don't use the litter box or other behavior issue. When you are able to actually "hear" what they have to say it will surprise you, enlighten you, and change your life forever. In this class you will be introduced to intuitive communication, how it works, and how you can begin to explore this skill for yourself.

### **19 Pet Professionals Think Tank** *Debbie Prokopf & Cathy Menard*

Brainstorm ideas and solutions related to client and community challenges surrounding pets.

We are anticipating the addition of several additional class selections- please check our website for updated information. [www.theurbandog-mpls.com](http://www.theurbandog-mpls.com)

