

# DR. EVAN

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## Bio

Dr. Evan, owner of MYo Lab Health & Wellness in Calgary, AB, found his calling as a chiropractor after experiencing the benefits of chiropractic care compared to traditional rest and anti-inflammatory methods as a young athlete. With a focus on evidence-based treatments and multi-disciplinary collaboration, he is passionate about helping individuals move their best.

## Speaking Summary

At the spring conference webinar for the Alberta Shorthand Reporters Association, Evan will discuss actionable posture hacks designed for court reporters. Topics include:

- Ergonomic strategies for reducing strain during long work hours
- Best practices for recovery from posture-related discomfort
- Simple, effective adjustments to improve overall posture

Attendees will gain practical insights to enhance comfort, prevent injury, and maintain long-term wellness in a desk-heavy profession.

# VALERIE FRIDLAND

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## **Accents: The science behind how we speak, what we hear and why we hear it that way**

What we sound like can lead people to make big assumptions about who we are and what we're like – with often devastating consequences socially, educationally, and legally. In this talk, we consider the science and history behind the accents we encounter and how linguistic and cultural familiarity and even just the ways our own brains and mouths work influence things like how intelligible, likeable, and trustworthy accented speakers seem. With special focus on what we can learn from linguistic research in legal and courtroom settings, we'll explore why accents are no small matter be it in the courtroom itself or just in the court of public opinion.

### **Bio**

Valerie Fridland is a professor of linguistics at University of Nevada, Reno, and the author of *Like, Literally, Dude: Arguing for the Good and Bad English*. She also writes a monthly blog for *Psychology Today*, is a regular guest writer for the popular *Grammar Girl* podcast, and has a lecture series, *Language and Society*, available with *The Great Courses*. Her work has appeared or been mentioned in media outlets ranging from the *Wall Street Journal* and the *New York Times* to *Armchair Expert*, *Entrepreneur*, and *NPR*. Her new book, *Why We Talk Funny*, comes out in spring 2026, and explores the fascinating science and history behind the accents we have.

# SUSAN OBERHOLZER

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Susan Oberholzer has over 20 years of local, national, and international experience in business management, finance, accounting, and entrepreneurship.

She is a registered CPA, CA (Canada); BFP, FCA (England and Wales, UK); ATT (UK); and CA (South Africa & Namibia). Susan qualified with KPMG and has extensive experience in both private industry and accounting practice.

At PECU Public Accounting Firm ([www.pecu.ca](http://www.pecu.ca)), Susan helps business owners with bookkeeping, accounting, taxation, planning, strategy, and business process design and improvement. Her combination of expertise and dedication makes her a trusted advisor in the field of taxation and business management.

Susan is committed to financial education and community service, frequently conducting training sessions to educate small business owners on effective tax management and financial planning.

## **Can I Write That Off?**

A lot has changed in the tax world since the pandemic introduced work-from-home to the world. Join Susan as she takes us through some new and updated writeoff rules and her best tips and tricks for staying organized so you can be confident and ready for tax time.

# HANNAH LEE

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Hannah Lee is the Clinical Director of the Hearing Loss Clinic. After earning her Master of Science degree in Audiology, she has worked as a Clinical Audiologist at the Hearing Loss Clinic for over 16 years. Hannah brings passion and enthusiasm to the team, constantly striving to provide the best experience to every client who walks through the door. She is always evolving both personally and as a team, and loves to mentor clinicians to encourage continuous growth.

The Hearing Loss Clinic was established in Calgary in 1993 with a single location. Today, the independently-owned business has expanded to five Calgary locations and five in British Columbia. Since the Hearing Loss Clinic first opened, we've been guided by a simple mission: make a positive difference in the lives of our clients. We're incredibly proud of our team, the work we're doing in the community, and, most importantly, how we're helping empower people to hear and live better every day.

Hannah has presented to various groups throughout her career, including the Chinook ENT Surgeons, the Benson Concussion Institute, Group 23, Innovative Sports Medicine, and a large number of general physicians, pediatricians, physiotherapists, and fellow hearing health professionals. She has also worked closely with Deaf and Hear Alberta, working through special events and presentations to reduce the stigma of hearing loss.

During her presentation, Hannah will be discussing the signs, consequences, and treatment of hearing loss. She will also touch on the hearing health topics of tinnitus, amplification, and hearing protection. She welcomes questions at any time throughout the presentation!