



Self-Care is More Than Just a Bubble Bath

October 28th and 29th, 2022

Sawridge Best Western Plus
410 TaigaNova Crescent
Fort McMurray, AB T9K 0T4

Friday, October 28th		
7:00 - 9:00 PM	<p>Welcome & Wheel of Life (Light Appetizers Included)</p> <p>Start your weekend by evaluating how much self-care you put into your life, followed by a step-by-step plan to include more self-care into your day-to-day.</p> <p>This session will set you up to make the most of your WeCan Workshop.</p> <p>Presenter: Kristine Morris</p>	Conference Room
Saturday, October 29th		
8:00 - 9:00 AM	Breakfast (Included)	Conference Room
9:00 - 10:00 AM	<p>Wellspring Alberta</p> <p>Learn about the programs and services that meet the emotional, social, and practical needs of people living with cancer and those who care for them.</p> <p>Presenters: Rebecca Perkins & Ryan Olfert</p>	Conference Room
10:00 - 11:00 AM	<p>Naturopathic Medicine and Support for those in Cancer Recovery</p> <p>Dr. Sullivan, co-owner of Juniper Naturopathic Clinic in Fort McMurray shares insights into potential adjunctive care with Naturopathic medicine, and provides information on local resources available.</p> <p>Presenter: Dr. Jacinta Sullivan</p>	Conference Room
11:00 - 11:15 AM	Wellness Break	



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Saturday, October 29th		
11:15 - 12:15 PM	<p>Self-Compassion: The Foundation of Self-Care</p> <p>In this workshop we will explore, reflect, move, learn, and experience the dynamic process of self-compassion and redefine how self-care might show up in your life, offering you and those you love a thriving path forward. You will learn and experience ways to cultivate and integrate a compassionate way of being in your daily life, amidst uncertainty and adversity, to help carve an enriched and flourishing path forward that may be sustained beyond tumultuous times.</p> <p>Please bring a journal or notepad, pen, something to lie on (yoga-type mat or large towel), and wear comfortable clothing.</p> <p>Keynote Speaker: Shelly Prosko</p>	Conference Room
12:15 - 1:00 PM	Lunch (Included)	Conference Room
1:00 - 2:30 PM	Self-Compassion: The Foundation of Self-Care (Session continued.)	Conference Room
2:30 - 3:00 PM	Wellness Break	
3:00 - 4:00 PM	Self-Compassion: The Foundation of Self-Care (Session continued.)	Conference Room