



# Self-Care is More Than Just a Bubble Bath

## November 25th & 26th, 2022

Pomeroy Hotel and Conference Centre  
11633 100 Street  
Grande Prairie, Alberta

Friday, Nov. 25th		
6:00 - 6:30 PM	Registration	Salon BC
6:30 - 7:00 PM	Welcome Reception	Salon BC
7:00 - 8:00 PM	<b>GOBA Care</b>  Melinda will share her story of establishing the Fort Good Hope Community Cancer Group in the NWT, and the importance of incorporating self-care for the members.  Presenter: Melinda Laboucan	Salon BC
8:00 - 9:00 PM	<b>Mix &amp; Mingle</b>  Let's get to know each other!	Salon BC

Saturday, Nov. 26th		
8:00 - 8:30 AM	Breakfast	Salon BC
8:30 - 9:30 AM	<b>Wellspring Alberta</b>  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.  Presenters: Rebecca Perkins & Angie Rice	Salon BC
9:30 - 9:45 AM	Wellness Break	



## Self-Care is More Than Just a Bubble Bath

### November 25th and 26th, 2022

Pomeroy Hotel and Conference Centre  
 11633 100 Street  
 Grande Prairie, Alberta

Saturday, Nov. 26th		
9:45 AM - 11:00 AM	<p><b>Self-Care Assessment</b></p> <p>What is self-care? Are you making time for it in your life? What does that even mean? We will talk about the many aspects of self-care and reflect on how you can incorporate more self-care into your day to day.</p> <p>Presenter: Kristine Morris</p>	Salon BC
11:00 AM - 12:00 PM	<p><b>Facial Reflexology for Daily Self-Care</b></p> <p>We will discuss the modality of reflexology, the why &amp; how it works. Attendees will be given a basic routine that will give the body, and many systems within the body, a little extra help. This modality intertwines therapeutic knowledge such as Traditional Chinese Medicine with modern medicine, without the use of needles or other invasive techniques.</p> <p>Presenter: Erika Sveinson, Barefoot Bohemian Holistic</p>	Salon BC
12:00 - 12:45 PM	<b>Lunch</b>	
12:45 - 2:00 PM	<p><b>Self-Compassion: The Foundation of Self-Care</b></p> <p>In this session 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>Keynote speaker: Shelly Prosko</p>	Salon BC



## Self-Care is More Than Just a Bubble Bath

November 25th and 26th, 2022

Pomeroy Hotel and Conference Centre  
11633 100 Street  
Grande Prairie, Alberta

Saturday, Nov. 26th		
2:00 - 2:15 PM	Wellness Break	
2:15 - 3:30 PM	Self-Compassion: The Foundation of Self-Care Session continued.	Salon BC
3:30 - 4:00 PM	Wellness Break & Snack	
4:00 - 5:00 PM	Self-Compassion: The Foundation of Self-Care Session continued.	Salon BC