

Centering

Health & Wellness from Within
A Program Designed for Métis People

Developed and Presented by
Rhonda Pickles, RPC, MPCC, CCPCPR
Life Compass Counselling & Consulting and Métis Nation BC

This weekend workshop will touch on many topics related to your overall health and wellness.

- Health & Wellbeing
- Strengthening the Bonds: Kids, Partners, Families & Community
- Depression
- Anxiety & Stress Management
- Finances & Debt

Featuring:

A presentation by **Jessica Laberge** of **Pacific Paramedics** on:

- First aid
- Diabetes management
- Signs and symptoms of heart attack and stroke, and much more!
- And much more!

WHEN:

Saturday, Oct 27th – 3 PM to 7 PM

Registration: 3-3:30PM

Dinner included

Sunday, Oct 28th – 8:30 AM to 2 PM

Breakfast included served 8:30 AM to 9 AM

WHERE:

Hotel 540

540 Victoria Street

Kamloops, BC

Phone: 778-471-8033

To find out more, or to REGISTER:
Contact Lisa Clement: lclement@mNBC.ca

Funding is available for travel
**** some restrictions apply ****

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