

REGISTRATION FORM

First Responders Wellness Symposium

April 13, 9:00 a.m. – 3:30 p.m.

Pre-registration is requested March 31, 2024. Please remit \$25.00 per person either by mail or e-transfer to: wellnesssymposium@hotmail.com

Name: _____ Phone: _____

Email address _____

Mailing Address: _____

Organization/ Department: _____

*** Doors open at 8:30 am.**

Please circle your T shirt size- M - L - XL - XXL - XXXL

A light lunch will be provided. Please indicate any dietary issues

*Please indicate your preference for the breakout sessions. Check one O per breakout session.

Tentative Speakers / Itinerary

0900 – 0915 hr – Opening Remarks

0915 – 1015 hr – Keynote Presentation – Dr Belinda Seagram (Landing Strong)

1015 - 1045 hr – Morning Break

1045 – 1115 hr Breakout Sessions – Group A

- Liane Vail – Prevail Solutions Mental Health Monitoring Service
- Matt Cottingham – Canadian Red Cross – Disaster Assistance
- RCMP Supt. Dustine Rodier- Personal Testimony

1130- 1200 hr Breakout Sessions – Group B

- Janice Landry – Journalist / Storyteller
- Bob & Johan Grundy – Rally Point Retreat
- Scott Nichols – Harvest Wealth Management

1215 – 1245 hr – Breakout Sessions – Group C

- Mitchell Tate – Physiotherapist – Proper Body Mechanics for First Responders
- Mary Hanneman – The Firefighter – Grief and Traumatic Loss
- Kristy Falconer – Serenity Acres – What is Equine Assisted Therapy?

1245 – 1330 hr - LUNCH

1330 – 1400 hr – Breakout Sessions – Group D

- John White – Personal Testimony
- Deven Kennedy= Resilience Through Fitness
- Clarissa Smith, RD -Dietician – Fueling Your Body Before & During an Incident

1415 – 1445 hr – Breakout Sessions – Group E

- Dave Sutherland – Spiritual Wellness: What It Is and Why It's Important
- Chris Kennedy – Relaxation / Grounding Exercises
- Colleen Kamps – TEMA Foundation- The Cost of Caring Foundation

1500 – 1530 hr – Wrap-up / Door prizes / Evaluations