

Native Women's Wellness Retreat AGENDA

2012 Native Women's Wellness Retreat

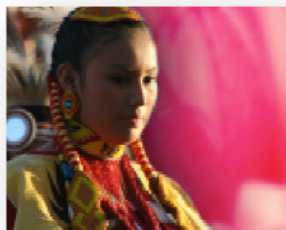
Day 1	Travel Day / Registration
Day 2	Reflection and Personal Development
Day 3	Reflection and Professional Development

Tuesday, November 6, 2012 – Pallisades Ball Room 4

8:00 am – 8:00 pm	Travel Day
7:00 pm – 8:00 pm	Pre-Registration

Wednesday, November 7, 2012 – Pallisades Ball Room 4

7:30 am – 9:00 am	Registration / Breakfast (On your own)	
9:00 am- 9:10 am	Opening Prayer	
9:00 am – 12:00 pm	Reflection & Personal Development	Reflection & Personal Development Welcoming Remarks - Amanda Woodward, Master of Ceremonies Overview of Program / Introductions Personal Care Treatments: <i>Health, Beauty and Relaxation</i> (All Day) "Holistic Benefits of Being Active" Wellness Workshop by Dr. Rosalin Miles – Salish
12:00 pm – 1:00 pm		Lunch Break (Plaza 5)
1:00 pm – 3:00 pm		"Claiming the Power Within" Wellness Workshop by Florence Large – Cree
3:00 pm – 3:15 pm		Health Break
3:15 pm – 4:00 pm		Talking Circle – led by Amanda Woodward / End of Day 1 - Recap
4:00 pm – 6:00 pm		Free Time - Supper (On your own)



Native Women's Wellness Retreat AGENDA

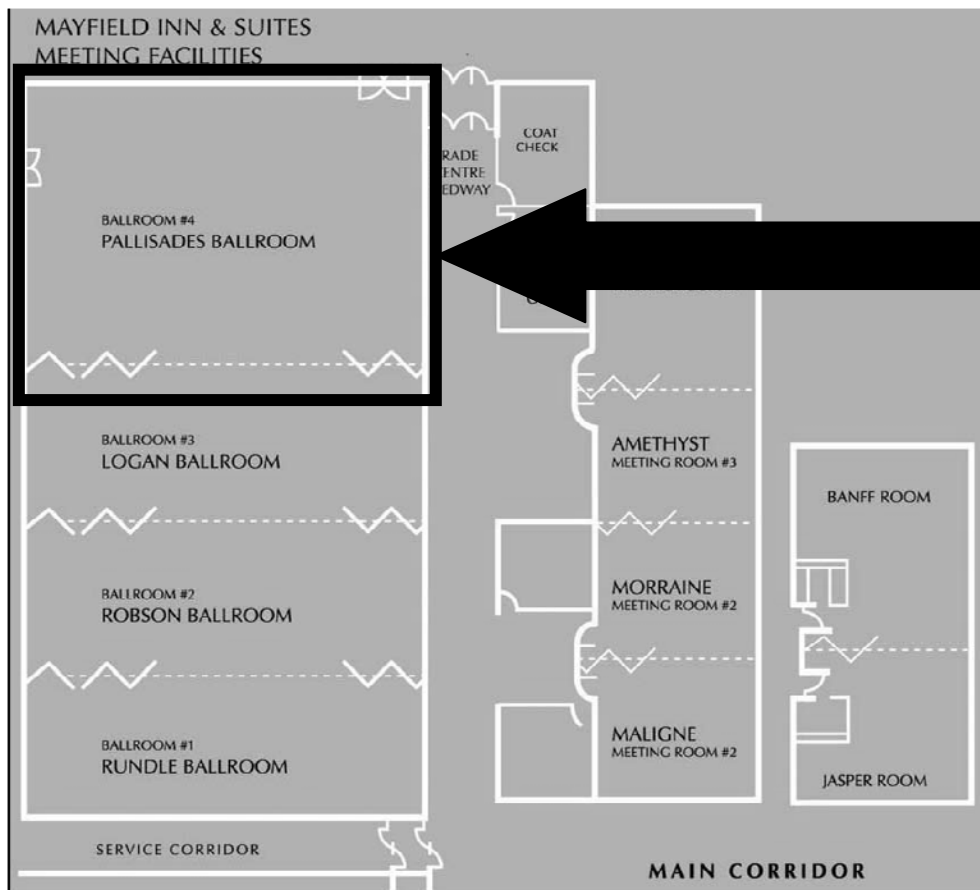
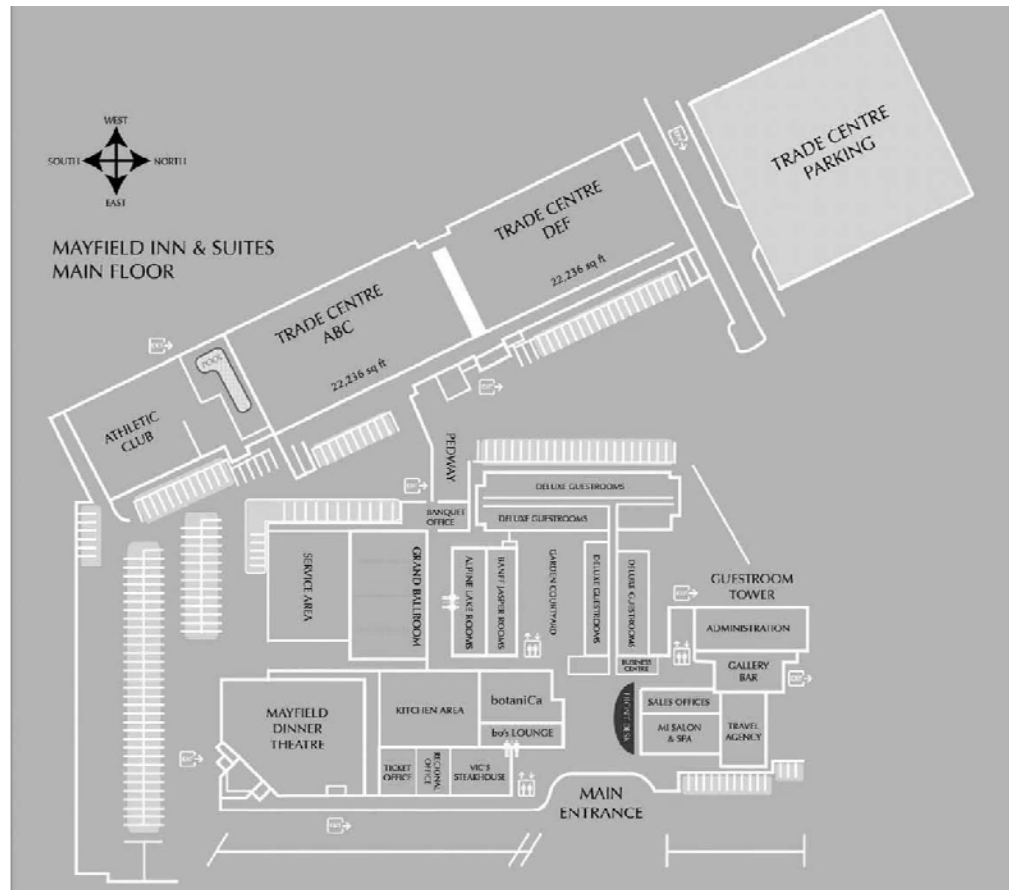
2012 Native Women's Wellness Retreat

Day 1	Travel Day / Registration
Day 2	Reflection and Personal Development
Day 3	Reflection and Goal Setting

Thursday, November 8, 2012 – Pallisades Ball Room 4

8:00 am – 9:00 am	Breakfast (On your own)	
9:00 am – 11:00 am	Reflection & Goal Setting	Reflection & Goal Setting Welcoming Remarks - Amanda Woodward, Master of Ceremonies Overview of Program – Recap Day 1 Personal Care Treatments: <i>Health, Beauty and Relaxation</i> (All Day) "Addiction to Adulation" Wellness Workshop by Yvonne St. Germaine – Cree
11:00 am – 11:15 am		Health Break
11:15 am – 12:00 pm		Talking Circle – led by Amanda Woodward
12:00 pm – 1:00 pm		Lunch Break
1:00 pm – 3:00 pm		"The Role and Advancement of Indigenous Women" Wellness Workshop by Dr. Marie Delorme – Metis
3:00 pm – 3:15 pm		Health Break
3:15 pm – 4:00 pm		Goal Setting Evaluations, Certificates, Next Retreat, Closing Prayer & Honor Song – led by Amanda Woodward
4:00 pm		End of Retreat

MAP



NWWR HERE