



World Health Organization has declared WORLD MENTAL HEALTH DAY in October.

MENTAL HEALTH

CONFERENCE

OCTOBER 5 • YORKTON, SK

GALLAGHER CENTER • 455 BROADWAY STREET W

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| 9:00 - 9:30 | Registration |
| 9:30 - 9:45 | Opening Remarks |
| 9:45 - 11:00 | MENTAL HEALTH: Finding Your Voice
Allan Kehler , Author, Mental Health Advocate |
| 11:00 - 11:15 | Healthy Start: snacks and refreshments |
| 11:15 - 12:00 | LAUGHING WELLNESS THERAPY: Laughing Yoga
Tim Barlow , British Canadian Songwriter, Musician |
| 12:00 - 1:00 | Lunch |
| 1:00 - 2:00 | COMPASSION FATIGUE
Phyllis O'Connor , Executive Director, CMHA – Saskatchewan Division |
| 2:00 - 2:15 | Break – Power Break: snacks and refreshments |
| 2:15 - 3:15 | LIVE YOUR BEST LIFE
Corlis Rassyle , Inspirational Speaker, Corliss Co. Consulting Inc. |
| 3:15 - 3:45 | UNWIND WITH MELISSA: Kundalini Yoga and Meditation
Melissa Krochak , Yoga Instructor |
| 3:45 - 4:00 | Closing remarks |
| 4:00 - 5:00 | Networking Hour |

ONLY 140
TICKETS
AVAILABLE

We would love for you to join us!

Register at www.saskabilities.ca/mh2022/

Meals are included