



Wellness For Life

MENTAL HEALTH CONFERENCE

OCTOBER 7, 2026 | YORKTON, SK
NATIONAL BANK CONVENTION PLACE | GALLAGHER CENTRE

8:30AM to 9:15AM	Registration
9:15AM to 9:30AM	Opening Remarks and Welcome
9:30AM to 10:30AM	DINA BELL LAROCHE Stop Making My Grief a Problem to Fix
10:30AM to 10:50AM	Power Break
10:50AM to 11:50 AM	LAURA LAWRENCE The Power of Adaptability
12:00PM to 1:00PM	Lunch
1:00PM to 2:00PM	DR. MAJID FOTUHI Boosting Brain Agility In Midlife And How To Stay Sharp With Aging
2:00PM to 2:20PM	Power Break
2:20PM to 3:20PM	DR. SHAHANA ALIBHAI The Science of Happiness
3:20 PM to 3:45PM	Wrap Up/Closing Remarks

We would love for you to join us!

Register at www.saskabilities.ca/mh2026/

Lunch will be included