

WELLNESS FAIR 2019

Monday, March 11



11 a.m. - 1:30 p.m.

**Lloydminster Campus
2602 59 Ave.**

**Main Floor Hallway
& Servus Credit Union
Hospitality Centre (cafeteria)**

FREE TO ALL!

Activities & Presentations

Visit the Allen Markin Room for:

- 11:15 a.m. - 11:45 p.m.
Elf Angels Creations: Native American Spiritual Services
- 12 - 12:30 p.m.
Rikki Ducharme, Yoga Instructor: Instagram has it wrong
- 12:45 - 1:15 p.m.
Loretta Mitchell: How to go from Stress to Heart-Brain Coherence

Many interactive displays, including:

- Alberta Health Services: Mental Health & Addictions Prevention
- Canadian Mental Health Association: Gambling Awareness
- Certified Equine Assisted Learning
- David's Tea
- Elf Angels Creations
- Empower You: Dietitian
- Furbabies Furever Homes
- Lakeland Chaplaincy Services
- Lakeland College: Hairstyling
- Lakeland College: Human Services
- Lakeland College: LGBTQ+ Club
- Lakeland College: Lloydminster Students' Association
- Lakeland College: Student Employment Advisor
- Lloydminster Interval Home Society
- Lloydminster Mental Health and Addictions Services
- Lloydminster Reiki Share
- Lloydminster Sexual Assault & Information Centre
- Midwest Food Resources
- Midwest Victim Services
- Prairie Central FASD
- Residents in Recovery
- Saskatchewan Health Authority: Chronic Disease Management
- Saskatchewan Health Authority: Outreach Social Worker
- Saskatchewan Health Authority: Population Health
- Servus Credit Union
- Servus Sports Centre
- Sun Life Financial
- Thorpe Recovery Centre
- Walking Through Grief Society