



WELLNESS DAY

February 28th, 2018

Breakfast

Everyone Welcome!

9:00 - 9:50



Keynote Speaker

Nathanael Larochette

Ottawa Spoken Word Poet/Musician

10:00-10:30



Resource Fair

Community agencies
available for information
and questions

10:30-11:40

Workshops

Engaging and Informative

11:50-12:50

sign up with your teacher

Get Your Resource Fair Passport from your Teacher!

Prizes to be WON!!