

WOMEN'S WELLNESS WEDNESDAY



A day dedicated to us, the stewards of our centers... Wellness is **the act of practicing daily healthy habits to attain better physical and mental health outcomes, so that instead of just surviving, we're thriving**. To understand the significance of wellness, it's important to understand how it's linked to health.

A day of learning, networking, rest, and relaxation...

Anticipated schedule:

- 8:30 - 9:00 - Arrival, Coffee, Meet & Greet
- 9:00-10:00 - Naturopath
- 10:00-11:00 - Nutritionist
- 11:00- 2:00 - Lunch, activities, and surprises galore!
- 2:30-4:00 - Mindfulness and Wellness Support - Martine Cohen
- 4:00 - Departure or...
- 5:00-7:00 - L'Chaim! Salut! (extra costs per person)

Retreat Cost: \$350.00 per member - includes: three professional workshops, hot lunch, snacks, parking, special activities! A well-deserved day of pampering and female-bonding.



May 17, 2023-Sheraton Airport Hotel

8:30-4:30 - "Le Petit Salon" Conference Room, 2nd floor.

QAPPD – CONTACT US

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REGISTRATION FORM

Wednesday, May 17, 2023

- I will attend Cost: \$350.00
- Kosher lunched required

(Coffee, morning snack, workshops, luncheon, self-care activities, and much more!)

Participant's Name: _____

Name of Center: _____

(Non-refundable; RSVP no later than **Monday, May 8 with Luisa or Hallie**

luisa@cpedorval.org hm.cpesanahalom@gmail.com

Registration is **valid** once payment has been received by mail

Registration form and payment to be made directly to and mailed to:

Q.A.P.P.D 865 Lakeshore Dr. Dorval Qc H9S 2C7

Interac payments / direct deposits to be sent to Anita
@ daycare@dawsoncollege.qc.ca

