

Wellness Gathering January 8 and 9, 2017

Hosted by 'Namgis Mental Health Department and 'Namgis Health Centre
at 'Namgis Health Centre

	Sunday, January 8		Monday, January 9
8:30 a.m.	Registration Namgis Health Centre	8:30 a.m.	Registration cont'd Namgis Health Centre
9:45 a.m.	Welcome Wah Prayer Snacks	9:30 a.m.	Prayer Snacks
10:00 a.m.	Self Care Sessions and Workshops Traditional Teachings Workshop-Vera Newman Ikila Massage -Tina Cook Reflexology/Energy Work - Pat MacDonald Readings/Energy Work - Catherine Dextrase Jin Shin Do - Oonagh O'Conner Haircuts - Andrea Jolliffe Brushings	9:45 a.m.	Self Care Sessions and Workshops Cedar Bracelet Workshop- Arthur Dick Jr Creative Native Workshop - Lois Matilpi Massage - Raven Johnson Reflexology/Energy Work Pat MacDonald Readings/Energy Work - Catherine Dextrase Jin Shin Do - Oonagh O'Conner Haircuts - Andrea Jolliffe Brushings
12:00 p.m.	Lunch	12:00 p.m.	Lunch
1:00 p.m.	Self Care Sessions and Workshops Medicines Workshop - Eva Dick Ikila Massage -Tina Cook Reflexology/Energy Work- Pat MacDonald Readings/Energy Work - Catherine Dextrase Jin Shin Do - Oonagh O'Conner Haircuts - Andrea Jolliffe Brushings	1:00 p.m.	Self Care Sessions and Workshops Cedar Bracelet Workshop - Arthur Dick Jr Creative Native Workshop - Lois Matilpi Massage - Raven Johnson Reflexology/Energy Work Pat MacDonald Readings/Energy Work - Catherine Dextrase Jin Shin Do - Oonagh O'Conner Haircuts - Andrea Jolliffe Brushings
2:15 p.m.	Snacks	2:15 p.m.	Snacks
3:30 p.m.	Closing Prayer	3:30 p.m.	Closing Prayer