


Daily Schedule

Mowachaht/Muchalaht First Nation



Schedule

Tues May 12th

Time	Schedule for the day
9:00-9:30 AM	Welcoming, opening statements
9:30 - 10:00 AM	Candice Seagull: FireSmart
10:00-10:30 AM	Angela Ransom (FNHA): COHI
10:30 - 12:00 AM	Tonya Duncan (exec. director, VP of external relationship and holistic health) Sandra Martin-Toner (Team Lead for Health Benefits and Services) FNHA - Health Benefits
Lunch break	
12:30 - 1:00 PM	Estelle White and Navjot Jassar: RELAW, Westcoast Environmental Law
1:00 - 2:30 PM	Jared Qwustenuxun Williams, Food of the Land: <i>Coastal Indigenous Food Systems and Preservation</i>
2:30 - 3:30 PM	Physio on the run: Injury prevention and exercise
3:00 - 4:00 PM	NTC: USMA Caregivers Information and Dialogue



WELLNESS

PROVIDER	SERVICE
Rebekah McMaster	Acupuncture with Acupressure
Daniel Haftkovich	Hypnotherapy sessions and Intuitive Card Readings
Denise Koshieff	Deep Tissue Massage, Relaxation Massage, Reiki & Acupressure
Rebecca Cameron	Scalp/Face/Neck/Shoulder Massages
Myra Mack	Hair cuts
Tamara Mcleggon	Braiding and nails
Adam	Astrology
George Frank	Brushings

PRESENTERS STAMPS WILL BE COLLECTED FOR DOOR PRIZES!

The more presenters you attend the more entries you get!



“You are never too old to set new goals or to dream a new dream.” – C.S. Lewis



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Schedule

Wed May 13th

Time	Schedule for the day
1:00 - 2:00 PM	Corvee Foragers: Wild Creature Tea Workshop
2:00 - 3:30 PM	Physio on the run: Exercise as we age
3:30 - 4:00 PM	nuučaañuulathin We Are Nuu-chah-nulth Video
4:00 - 5:00 PM	NTC Harm Reduction: Effects of Substance use
5:00 - 6:00 PM	
6:00 - 8:00 PM	Culture and crafts



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Rebecca Cameron	Scalp/Face/Neck/Shoulder Massages
Myra Mack	Hair cuts
Tamara Mcleggon	Nails
Adam	Astrology

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“Surround yourself with only people who are going to lift you higher.” – Oprah Winfrey

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Schedule

Thurs May 14th

Time	Schedule for the day
9:00-10:30 AM	Crafts and Conversation
10:30- 12:00 PM	The Importance of Helping in the Community Garden- Elise Boulanger
11:00 - 12:00 NN	NTC Elders videos
12:00 - 12:30 PM	Lunch and Reflection
12:30 - 1:00 PM	Closing



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“Laughing decreases blood pressure and increases blood flow.” – Unknown

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