



Women's Health & Wellness Seminar

October 26th, 6:30 pm – 9:00 pm
eQuinelle Clubhouse

This is a FREE evening education session.

6:30 pm Sessions

**Dropping the Shame around
Mental Health & Addiction!**

Presented by
Cindy Manor

OR

Raising Diabetes Awareness

Presented by
KDH Diabetes Team
Julia Hicks & Carly Lang

7:15 pm Sessions

Understanding Grief

Presented by Margaret Lorrie Beaton,
Grief and Bereavement Counsellor &
Dana Bingley, Volunteer and Client Services
Beth Donovan Hospice

OR

Financial Planning

**All you wanted to know but were
afraid to ask!**
Presented by Melissa White and
Samantha Rivet-Stevenson—RBC Royal Bank

8:15 pm Keynote Speaker

**How not to lose it everyday:
Tips & tricks for stress resilience**

Shulamit Ber Levtov, MA, RSW
Long-term stress relief is an inside job.
Learn why we flip our lids when the crap hits the fan
and how to put the lid back on—in a healthy way.



To register for Seminar call Mary at 613-258-6133 x 157