

Native Women's Wellness Retreat

"A Peaceful Gathering for Native Women"



The "Native Women's Wellness Retreat" is an annual event held in November.

This *Retreat* was created for "**Community Women Helpers**" and "**Women in Wellness**" (as a sister, aunty, grandma and/or community member who is called upon, all the time...to lead, organize and call the shots). We know every community has Native Women who put themselves out there to help & support their people.

This event offers you with the same help and support you give, all through a specially designed program for Native Women with Native themes.

Professional & Personal Development Benefits

- *Relax, Rejuvenate, Refresh your Energy*
- *Nurture your mind Physically, Emotionally, Spiritually and Intellectually*
- *Unwind and unravel with Laughter*
- *Share the Retreat with Compassionate & Inspirational Speakers*
- *Discover the importance of Effective Listening through Native Talking Circles*
- *Restore and Recharge Your Spirit*
- *Stay committed to looking after yourself when you need it*

Gain balance, rejuvenation of energy and everything you need learn powerful and proven techniques where our entire purpose is ***helping you!***

Don't wait register today: we will see you in Calgary!

Who Should Attend:

*Spiritual & Elected Leaders
Program Directors & Managers
NNADAP & Mental Health Workers
Community Elders & Volunteers*

November 2 & 3, 2011

Calgary, Alberta

Registration Fee \$475

GOOD FOOD & SERVICE

KEYNOTE SPEAKERS

GIFTS

WORKSHOPS

NATIVE TALKING CIRCLES



www.nativenetworks.ca

1-888-511-0688