



PRE-REGISTRATION

5:00PM - 9:00PM

SUNDAY, FEBRUARY 23, 2025

LOCATION: RIVER CREE RESORT & CASINO,
THE VENUE LOBBY

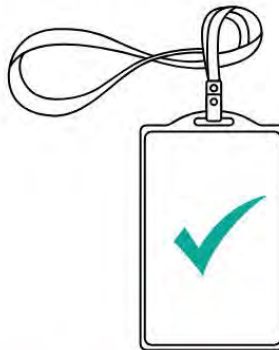
PURPOSE OF PRE-REGISTRATION

Welcome to the Indigenous Wellbeing Conference 2025! We're excited to have you join us. Pre-registration will be available to ensure a smooth and enjoyable experience for all attendees. Below is everything you need to know about the pre-registration process:

Check-In Process:

1. Verify your registration at the desk by providing:
 - your full name and invoice number.
2. Receive your conference materials, including:
 - Name badge and lanyard.
 - Conference schedule.
 - Conference swag bag.

Please Note: A valid lanyard is required for entry into the conference. No exceptions will be made.



Disclaimer to All Attendees: This conference is exclusively for individuals aged 18 and over. Proof of age may be required for entry. Please note, the conference organizers are not responsible for any lost or stolen items. We appreciate your understanding and cooperation.

AGENDA
02.23.2025



DAY 1- MONDAY

8:00 AM - 4:30 PM

CONFERENCE AGENDA

REGISTRATION AVAILABLE ALL DAY

CEREMONY	7:30AM-8:00AM
BREAKFAST	8:00AM-9:00AM
Join us for a complimentary breakfast.	
OPENING PRAYER AND SONG	9:00AM-9:45AM
Opening remarks provided by: Chief Tony Alexis. Honourable Minister Rick Wilson, Indigenous Relations of Alberta. Dr. Parminder Thiara Regional Director, Indigenous Services Canada.	
	9:45AM-10:45AM
SPEAKER - CHIEF AVROL LOOKING HORSE	
Honouring the Spirit of Healing- Bridging Tradition and Wellbeing.	
BREAK	10:45AM-11:00AM
SPEAKER - FRANCOISE MATHIEU	11:00AM-12:00PM
The Edge of Compassion - Strategies to Care for Ourselves while Caring for Others.	
LUNCH BREAK	12:00PM-1:00PM
Enjoy a delicious buffet-style lunch.	
SPEAKER - MARLENE ORR	1:00PM-2:00PM
Self-determination- Boundaries, Codependency, Compassion, and Wellbeing.	

AGENDA

02.24.2025



DAY 1- MONDAY

8:00 AM - 4:30 PM

CONFERENCE AGENDA

MOVEMENT BREAK	2:00PM-2:15PM
SPEAKER - WENDY ENGLISH	2:15PM-3:15PM
Healing with Humor and Laughter.	
BREAK	3:15PM-3:30PM
END OF DAY REFLECTION AND COLLABORATION ACTIVITY	3:30PM-4:00PM
Facilitator: Candice Moberly. Small Group Discussion.	
EVALUATION AND FEEDBACK	4:00PM-4:15PM
DOOR PRIZE GIVEAWAY	4:15PM-4:30PM
END OF DAY	4:30PM

AGENDA

02.24.2025

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DAY 2- TUESDAY

8:00 AM - 4:30 PM

CONFERENCE AGENDA

REGISTRATION AVAILABLE ALL DAY

BREAKFAST 8:00AM-9:00AM

Join us for a complimentary breakfast.

9:00AM-9:30AM

OPENING SONG AND FIRST DAY RECAP

Provided by Master of Ceremony Eugene Alexis.

SPEAKER - DR. ANITA LAFFERTY 9:30AM-10:30AM

From Silence to Strength: Ancestral wisdom, Land, and Healing.

BREAK 10:30AM-10:45AM

10:45AM-11:45AM

SPEAKER - DR. MICHAEL YELLOW BIRD

Neurodecolonization- Indigenous Contemplative Practices for Stabilizing the Mind and Body.

MOVEMENT BREAK 11:45AM-12:00PM

LUNCH BREAK 12:00PM-1:00PM

Enjoy a delicious buffet-style lunch.

SPEAKER - AMANDA BALSILLIE 1:00PM-2:00PM

Holistic Way of Being: Using the Medicine Wheel to Bring Balance.

BREAK 2:00PM-2:15PM

AGENDA

02.25.2025



DAY 2- TUESDAY

8:00 AM - 4:30 PM

CONFERENCE AGENDA

SPEAKER - MICHELLE THRUSH	2:15PM-3:15PM
Transforming begins within- A Journey in Acting, Directing, and Storytelling.	
EVALUATION AND FEEDBACK	3:15PM-3:30PM
SINGERS AND DANCERS	3:30PM-4:00PM
Singing provided by Alexis Singers.	
DOOR PRIZE GIVEAWAY	4:00PM-4:30PM
END OF DAY	4:30PM

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02.25.2025

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DAY 3-WEDNESDAY

8:00 AM - 1:30PM

CONFERENCE AGENDA

BREAKFAST	8:00AM-9:00AM
Join us for a complimentary breakfast.	
	9:00AM-9:15AM
OPENING SONG AND SECOND DAY RECAP	
Provided by Chief Tony Alexis.	
SPEAKER - ALEX FIRETHUNDER	9:15AM-10:15AM
Finding Strength and Wellness Rooted in Our Languages.	
MOVEMENT BREAK	10:15AM-10:30AM
SPEAKER - TED NOLAN	10:30AM-11:30AM
Believe.	
CLOSING REMARKS	11:30AM-11:45AM
Provided by Chief Tony Alexis.	
DOOR PRIZE GIVEAWAY	11:45AM-12:00PM
LUNCH BREAK	12:00PM-1:00PM
EVALUATIONS AND FEEDBACK	
Enjoy a delicious buffet-style lunch.	
TED NOLAN AUTOGRAPH	12:30PM-1:30PM
SIGNING SESSION	
END OF CONFERENCE	1:30PM

AGENDA

02.26.2025