

Health & Fitness Society of BC

2024 Annual General Meeting and Professional Development Day: Traditional Indigenous Activities Planning Forum

Friday, December 6th
10:30 AM - 2:30 PM PST

In Person at St. John's College (UBC) and Virtually via Zoom

FREE REGISTRATION
FOR ALL MEMBERS

AGENDA

10:30 AM - 10:35 AM: Opening

10:35 AM - 11:35 AM: Guest Speaker - Dr. Rosalin Miles

Presentation Title: Wholistic Health and Wellness and Practicing Yoga and Breathwork

11:35 AM - 11:50 AM: Break

11:50 AM - 12:30 PM: Student Speaker Series

Presentations: A series of short presentations dedicated to Indigenous Approaches to Sports and Exercise Medicine

12:30 PM - 1:20 PM: Lunch and HFSBC Annual General Meeting

1:20 PM - 2:20 PM: Guest Speaker - David J. Robinson

Presentation Title: KIJIKATIG Carving for Wellness

2:20 PM - 2:30 PM - Closing Remarks



Location:
UBC

(Dining Hall, St. John's College,
2111 Lower Mall, Vancouver,
BC, V6T 1Z4)