



MCCA PRESENTS: RECHARGE YOUR BODY TO RESET YOUR MIND

A deep dive on lifestyle factors that reset your body
so that you can reignite your passion

COVID-19 has been a time of survival. For many people this has meant letting your wellbeing take a back seat to care for others. You may be excited to reignite your passion but still feeling wired and tired from the challenges of 2020-2021. This session is an opportunity to reset and recharge by exploring the latest information on nutrition, physical activity, sleep, and stress reduction to boost your energy and prevent further burnout. Whether you are new to the ECE field or have been a director for years, this session is for anyone that is feeling weary from the pandemic and is looking for tips and strategies to reclaim your energy.

WHERE: KIKIWAK INN, THE PAS

WHEN: SATURDAY, OCTOBER 22

TIME: 9:30 am - 3:30 pm

COST: \$150.00 MEMBERS
\$300.00 NON-MEMBERS

The cost includes morning refreshments & lunch

You can register online using a credit card or print the registration form and submit it with a cheque

Deadline to register is October 14, 2022

No refunds, substitutions only

In this interactive and dynamic workshop, participants will learn:

- What we have learned from the pandemic that will help us into the future
- Strategies for better sleep when most of us have not been sleeping
- How to cut through the noise of the latest nutrition trends and what is the most helpful to know now
- How to choose physical activity that works for you now and helps as we age
- How a little bit of stress reduction goes a long way
- Ultimate tips for preventing burnout and getting the spring back in your step

SHANNON GANDER

Shannon Gander is a Mental Health and Resiliency Strategist. She is a skilled trainer, counselor, and mediator who has been consulting with individuals, workplaces, and teams for over 25 years. She is the Director of Life Work Wellness, a company that empowers individuals and workplaces to achieve their goals for better mental health. She has a passion for empowering people with skills for mastering stress and preventing burnout.

