Please join us at WRPS and ORPS
Wellness Fair on May 10, 2018!

Keynote Speakers

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<th>Location</th>
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| Room 104 | Andrea Collins *** | Public Health Nurse
Mental Health Awareness and Resiliency for Families |
| Library  | Sara Dimerman | Psychologist
How to support your child through everyday worries |
| Room 208 | Heather Skoll | Yoga and Mindfulness
Reset your day with the "Peace Bubble"!
An interactive workshop that will support the whole family to hold on to and gain more "peace" along with bonus tools to reset your emotions and your day! |

Wellness Workshops

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| Room 228 | Galina Naihin | Author – Super charge your health
The Magic of Green Smoothies |
| Room 224 | Dr. Maryam Nik | Life coach
3 Steps for Mastering Self Talk |
| Room 206 | Delia Rusu | Naturopath
How Food Sensitivities & Sugar Can Affect Your Child's Health |
| Room 108 | **Dr. Misa | Discussion on essential oils.
How Essential Oils can help your family - from mental focus and clarity, study helper to anxiety remedies and sleep support - we have an oil for that! |
| Room 200 | Laura Stratton | |

Throughout the school, we will have various booths and activities families will be able to enjoy.

Blue Hills: Deborah Manion will be providing resources regarding children's mental health
Kinark: Jacquie Gill will lead an informational booth providing Triple P Parenting Information/Handouts

ORPS’ Health Heroes will be facilitating different stations:

- Mindfulness activities in a classroom
  - Mind in a Jar, Mindful coloring;
- Interactive “Wellness Wall”;
- Public Health Interactive Activities;
- Public Health Resources will be distributed.

Other experiences will take place at the school:

- ** Just Drum It Inc.: Drumming in the music room
- ** Town of Richmond Hill: will be running sports demonstrations in the gym.
- ** WRPS/ORPS Grade 8 students and staff will facilitate games for families & students to engage in.

** We will be presenting twice: 6:15 & 7:00 pm in room 108
*** Andrea will be presenting once from 7:15 - 8:00
Description of the Presentations and Events

A-01 Just Drum It Inc.: Just Drum It Inc. Hand-Drumming Circle. Participants will have the opportunity to have fun, express themselves, inspire others and perform in a drum circle without having any prior knowledge of drumming or music. Location: Music Room  Presenter: Daniela Schon

A02- Meridian Spine + Sport: How Food Sensitivities & Sugar Can Affect Your Child's Health. Come and learn the differences between anaphylaxis and food sensitivities in this workshop. You will also develop a better understanding of foods that can contribute to obesity, concentration, skin and digestive conditions in children, and how to test for these foods sensitivities in your child. Presenter: Dr. Misa in room 108

A-03 York Region Public Health: Mental Health Awareness and Resiliency for Families. Presenter: Andrea Collins in room 104

A-04 ORPS' Health Heroes will be facilitating different stations: in room 103

✓ Mindfulness activities in a classroom
✓ Mind in a Jar, Mindful coloring;
✓ Interactive “Wellness Wall”;
✓ Public Health Wheel;
✓ Public Health Resources will be distributed.

A-05 Michelle Hassan - Will be teaching some stretching and breathing techniques in room 121.

A-06 Town of Richmond Hill: will be running sports demonstrations in the gym.

A-07 WRPS students, led by Ms. R. da Silva will lead various activities outside on the north side of the school.

B01- Parent Education Resource: How to support your child through everyday worries. It will offer guidance to parents when dealing with their child's everyday (and sometimes more significant) worries. Presenter: Sara Dimerman in the library

B02- How Essential Oils can help your family - from mental focus and clarity, study helper to anxiety remedies and sleep support - we have an oil for that! Presenter: Laura Stratton in room 200

B03- Kinark Child and Family Services: Triple P Parenting Information/Handouts. Presenter: Jacquie Gill Room 202

B04- Blue Hills Child and Family: Information kiosk display about services offered. Presenter: Daeborah Manion Rm 203

B05- Delia Rusu Coaching: Help your Child Master Positive Self-talk in 3 Easy Steps --Learn how you can teach your children to notice their negative thinking, stop it in the tracks, and shift to more positive and powerful thoughts. With these tools and resources in their toolbox, children will be better equipped to deal with the challenges of growing up, develop powerful self-esteem, and build unstoppable confidence. Room 206

B06: LifeNotes Wisdom: Reset your day with the "Peace Bubble"! An interactive workshop that will support the whole family to hold on to and gain more "peace" along with bonus tools to reset your emotions and your day! Presenter: Heather Skoll Room: 208

B07: Enjoy Life Journey: The Magic of Green Smoothies Presenter: Galina Naihin Room: 210

B08- Active-Med Health & Wellness: Lifestyle Boot camp. Learn how to boost your metabolism, build muscle, eat clean, improve posture, lose weight, and manage your stress with simple lifestyle changes for the whole family. Presenter: Dr. Maryam Nik Room:224