

REGIONAL SHARE & LEARN

Virtual Format



PRAIRIE MOUNTAIN HEALTH
SANTÉ PRAIRIE MOUNTAIN

POWER IN COMMUNITY

Wednesdays
1:00-3:00pm

Sessions include:

- **Keynote speaker**
- **Community Stories**
- **Q & A**

**Jan
27**

Embracing the Challenge of Change **Keynote - Brenda Robinson**

Things are changing faster than we can keep up with. We've been coping and surviving – now we want to actively manage the change we are experiencing. We want to become “change skilled”. Change can be a challenge or a chore. Let's accept the challenge of change and the opportunities change presents us with

**Feb
3**

Manitoba Made Protein Options **Keynote - Getty Stewart**

Learn about a project with U of M Ag & Food Sciences to create new resources sharing information and recipes on research happening at UM regarding sustainable food production and agriculture in Manitoba. Participants will learn about and get some tasty recipes for healthy Manitoba grown protein options.

**Feb
10**

Strive to Thrive in Community **Keynote - Janis Slack**

This session will highlight a new program developed in PMH. Strive to Thrive is a program to help you explore your symptoms of wellness and improve your mental health. It helps you to develop skills, knowledge and practices to empower you to THRIVE.

**Feb
17**

The Impact of the Digital Age **Keynote - Val Caldwell**

Smartphones and other screen devices are everywhere. They are used for school, work and social activities and have a big impact on how we interact and communicate. Val will discuss how the digital age impacts children and youth and offer tips for improved screen use

**Feb
24**

Differences are not Difficulties **Keynote - Brenda Robinson**

Learn about how to encourage intergenerational understanding. Working together works when we work at it! Diversity builds the strength we need. Celebrating differences will bring excitement and energy to the work we do.

**Register
At:**

<https://www.prairiemountainhealth.ca/healthy-together-now>

Free Event!

healthy
TOGETHER NOW