



NURTURING THE BALANCE

SATURDAY, OCTOBER 24

10a.m.-3:30p.m.

Room POD 250, 350 Victoria Street.

**A free interdisciplinary conference on
caring for yourself & others.**

WITH PRESENTATIONS AND ACTIVITIES BY:

Dr. Jennifer Poole

Alan Faigal

Rachel Frankford

Marbella Carlos

Cheyenne Ratnam

REGISTER NOW!

at www.mycesar.ca by October 15! Lunch is included!