

Stepping into the possibilities.



FRI MARCH 22 4 - 8PM

TOAM - 7PM

LOCATION

Calgary Zoo

The Enmax Conservatory 1300 Zoo Road N.E.

Please use the North Entry (Near the parking lot/C-Train line)

WHAT TO EXPECT

Elder panel

Swag

Traditional Dance teaching

Mini Round Dance

Light snacks, lunch & dinner

Games & prizes

KEYNOTE SPEAKERS

Sarah Goodmedicine Blair Thomas Violet March Ruth Scalplock Talenny Heavyhead Emile Ward Melrene Eaglespeaker - Native Diva Dwight Farahat Elizabeth Potskin Clearsky Family Jessica Smith

Our keynote speakers have shared how self-care, movement, music, culture, and community have been central to their mental health and well-being journeys. Join us in exploring what practices might work for you.



