

# STILL I RISE:

## EMPOWER & INSPIRE

NOV  
22  
2023  
10:00AM - 3:00PM

## SCHEDULE

TIME	ACTIVITY
10:00am	<b>Welcome:</b> School Introductions, Ever Active Schools team welcome and fun energizer, Land Acknowledgement.
10:45am	Active break
11:00am	Session 1: Livia Manywounds
11:30am	Lunch
12:30pm	Session 2: Jillian Dolan
1:00pm	Active break
1:15pm	Session 3: Newo Wellness
1:45pm	Active break
2:00pm	Keynote:
2:45pm	Evaluation and Closing

### PRESENTERS:



#### Livia Manywounds

Designer, Emcee, Photographer & Communications Specialist



#### Jillian Dolan

Illustrator and comic creator of Cree, Metis and Settler descent.



#### Newo Wellness

(Indigenous and female-owned wellness company)



### PARTNERS

