

# Family Wellness Gathering

## July 13, 14 & 15, 2010 at Eagle Lake First Nation

### Schedule of Events

Time	Tuesday July 13, 2010	Wednesday July 14, 2010	Thursday July 15, 2010
Breakfast 10:00 am	On Your Own		
10:00 – 12:00	“Magic & Kids Show” “Meno Bimahdizewin” – Sandi Boucher	“Bring Your Pictures/Family Mapping”	“EL Youth” - Presentations
10:00 – 12:00	“Canoeing Course & Demonstration” – Alex Ducharme “Elephant Thoughts” – Science in the Works	“Backyard Activity Centre” “Elephant Thoughts” – Science in the Works “Kids Craft”- Donna Brignall	Elephant Thoughts – Science in the Works “T-Shirt Tie Dye” – Isabel James “Socks Tie Dye – Donna B & Donna G
Noon – 1:00	Lunch Provided		
1:00 -3:00	“Medication Safety” – Rob Button “Kids Craft”- Donna B	“Which Way Will I Walk”- PFNF	“Lateral Violence”- Jennifer Nystrom & Mitchell Lands KCA “Fish Pond” – AAFS “Nutrition Fear Factor” – ECDC Staff
3:00 – 5:00	“Hand Drums & Shakers” – Saul Day “Moccasins” – Elsie Kwandibens	“Hand Drums & Shakers” – Saul Day “Moccasins” – Elsie Kwandibens “ Wigwam Building”-Robert Kelly	“Hand Drums & Shakers” – Saul Day “Moccasins” – Elsie Kwandibens
4:00-5:00		Canoe Races	
Supper Break 7:00	Karaoke Swimming, Kayaking, Tubing		
7pm Evening Entertainment	DJ St. Germaine & Gerry Mclvor Band	“Grand Ole Opry” DJ St. Germaine & Gerry Mclvor Band “Bonfire & Weiner Roast”	DJ St. Germaine & Gerry Mclvor Band “Bonfire & Weiner Roast”