



## Annual General Meeting

### PRE-CONFERENCE: September 14, 2015

**4:00  
- 6:00 PM**      **Early Registration**  
(Main Foyer/Main Floor)

### DAY 1: September 15, 2015

Time	Activity	Presenter/Special Notes
<b>7:00 AM</b>	<b>Registration opens</b> (Main Foyer/Main Floor)	
<b>7:30 – 8:30</b> (Walbran)	<b>Breakfast</b>	
<b>8:30 – 10:00</b>	<b>Regional Meetings</b>	Meeting room location: North Region – Moriarty Interior Region – Walbran A Vancouver Island Region – Walbran B Fraser Salish Region – McBride Vancouver Coastal Region – Maquilla
<b>10:00 – 10:30</b>	<b>Health Break</b>	
<b>10:30 – 12:00 PM</b> (Walbran)	<b>Regional Procession</b>	
	<b>Opening Prayer</b> • Welcome to the Coast Salish Territory <b>Welcoming Remarks</b> • Blanketing of new Board Members • Board of Directors Oath of Office ceremony	Anne Bob, Elder, Sna-naw-as First Nation Kim Brooks, President, FNHDA
<b>12:00 - 1:00</b> (Walbran)	<b>Lunch</b>	
<b>1:00 – 3:00</b> (Walbran)	<b>Annual General Meeting</b> • Annual Board Report and Financial Statement • Special Resolution: Constitution and Bylaws	Kim Brooks, President, FNHDA Keith Marshall, Vice-President, FNHDA Virginia Peters, Secretary-Treasurer, FNHDA Nancy Morgan, Lawyer, Morgan and Associates
<b>3:00 – 3:15</b>	<b>Health Break</b>	



Time	Activity	Presenter/Special Notes
3:15 – 5:00	<p><b>Talking Circles</b> (<i>Emotional</i>)</p> <ul style="list-style-type: none"> <li>Sharing examples of Lateral Kindness 3:15 - 4:00 <b>(Walbran)</b></li> <li>Sharing practices to balance work/ life/self-care 4:15 – 5:00 <b>(Walbran)</b></li> <li>Traditional Medicine – “What’s in your backyard?” (<i>Spiritual</i>) <b>(in Cabin)</b></li> <li>Spirit Poling/Nature Walking (Physical) 3:15 to 3:50</li> <li>Personal Care Services (<i>Mental</i>) <b>(in Cabin)</b></li> </ul>	<p>IRSSS will be facilitating the sharing circles</p> <p>Peter John, Fraser Salish Regional Board Representative, FNHDA</p> <p>Wes Paul, Senior Coordinator, FNHA</p>
5:00 – 7:00 (Grand Moriarty)	<p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>Special Note: Optional cultural brushing available in <b>(Carmanah)</b> from 5:30 to 7:00</li> </ul> <p><b>Social activities and prize giveaways</b></p>	

## DAY 2: September 16, 2015

Time	Activity	Presenter/Special Notes
7:00 AM (Carmanah)	<p><b>Fit Nation</b></p> <ul style="list-style-type: none"> <li>Healthy activities for all fitness levels</li> </ul>	Wes Paul, Senior Coordinator, FNHA
7:30 (Main foyer)	<b>Registration opens</b>	
7:15 – 8:20 (Walbran)	<p><b>Breakfast</b></p> <p>Wellness Activity and Prize Giveaway (8:10 AM)</p>	Wes Paul, Senior Coordinator, FNHA
8:20 – 8:30	<b>Opening Prayer</b>	Anne Bob, Elder, Sna-naw-as First Nation
8:30 – 8:40 (Walbran)	<b>Welcome and review of agenda</b>	Georgia Cook, Vancouver Island Regional Board Representative, FNHDA
8:40 – 10:30	<p><b>CMO Presentation: working together to support communities</b></p> <ul style="list-style-type: none"> <li>Question and Answer</li> </ul>	Dr. Evan Adams, Chief Medical Officer, FNHA
10:30 – 10:45	<b>Health Break</b>	
10:45 – 11:00	<b>Fun Wellness activity</b>	Wes Paul
11:00 – 12:00	<b>Overview of the Indigenous Cultural Safety program</b>	Rain Daniels, Facilitator, San'yas: Indigenous Cultural Safety Training Aboriginal Health, Provincial Health Services Authority



Time	Activity	Presenter/Special Notes
12:00 – 1:00	Lunch	Wellness Walk • Wes Paul
1:00 – 4:30	Self-care strategies and techniques for First Nation Health Directors to empower clients	Georgia Cook Andrea Avila, PhD Creative Empowering
4:30 – 4:35	Closing comments	Georgia Cook
6:00 – 6:30	Dinner Gala	Keith Marshall, Vice-President, FNHDA
6:30 – 7:00	Special Cultural Performance: Cowichan Tzinquaw Dancers	
7:00 – 8:30	Inspiration Award Winners	

### DAY 3: September 17, 2015

Time	Activity	Presenter/Special Notes
7:00 AM	FitNation • Healthy activities for all fitness levels	Wes Paul, Senior Coordinator, FNHA
7:30 – 8:15 (Walbran)	Breakfast Wellness Activity and Prize Giveaway (8:10 AM)	Wes Paul, Senior Coordinator, FNHA
8:20 – 8:30 (Walbran)	Opening Prayer	Anne Bob, Elder, Sna-naw-as First Nation
8:30 – 8:40	Welcome and review of agenda	Vanessa Charlong, Regional Board Representative for Vancouver Island, FNHDA
8:40 – 9:45	Health Director Certification • Update on work since AGM • Afternoon engagement process • Question and Answer	FNHDA Health Director Certification Focus Group Members
9:45 - 10:00	Health Break/Wellness Activity	
10:00 – 10:25	Cycle 1	
10:30 – 10:55	Cycle 2	
11:00 – 11:25	Cycle 3	
11:30 – 11:55	Cycle 4	
12:00 – 12:45 (Walbran)	Lunch	



<b>Time</b>	<b>Activity</b>	<b>Presenter/Special Notes</b>
12:45 – 1:10	Cycle 5	
1:15 – 1:40	Cycle 6	
1:45 – 2:10	Cycle 7	
2:15 – 2:30	Health Break	
2:30 – 2:55	Cycle 8	
3:00 – 3:15	Closing comments	Vanessa Charlong, Regional Board Representative for Vancouver Island, FNHDA Kim Brooks, President, FNHDA