



# Caregivers Day Agenda

Thursday, Sept 30 2010

Ramada Inn

555 West Columbia Street, Kamloops

Time	Activity
9:00 AM	Registration & Continental Breakfast
9:45 AM	Welcome & Introduction
10:00 AM	Morning Energy Session
10:15 AM	<b>Workshop:</b> Making a memory <i>Presented by Melissa Harris, Creative Memories</i>
11:15 AM	Roundtable Discussions
12:15 PM	Luncheon
1:15 PM	<b>Workshop:</b> How to Navigate Community & Home Health <i>Presented by Klaus Mey, OT Professional Practice Leader IHA</i>
2:15 PM	Afternoon Energy Session
2:30 PM	Information about ALS BC & Services
2:45 PM	<b>Workshop:</b> Nurturing your soul <i>Presented by Tina Whyte, Executive Director Kamloops Hospice</i>
3:45 PM	Closing Comments

## Special Information:

As a special treat, True Balance Massage will be providing 10 minute chair massages at no charge to attendees. There are limited number of massage spots available (11:30am-1:30pm in 10 minute increments). As you register in the morning you will be invited to sign up for a massage spot. You must be present to sign up.



AMYOTROPHIC LATERAL SCLEROSIS SOCIETY OF BRITISH COLUMBIA

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