



UNIVERSITY OF  
CALGARY

# WELLNESS SUMMIT

**JUNE 20, 2017**

A LEARNING EVENT HOSTED BY THE  
UNIVERSITY OF CALGARY IN PARTNERSHIP  
WITH HEALTHY CAMPUS ALBERTA.

**8 A.M.**

Continental breakfast

**8:45 A.M.**

Welcome and Acknowledgment of  
Indigenous Territories

**9 A.M.**

Victoria Maxwell

**10 A.M.**

Dr. Michael Ungar Part I

**10:45 A.M.**

Break and 3 Minute  
Breathing Space

**11 A.M.**

Dr. Michael Ungar Part II

**NOON**

Lunch

**1 P.M.**

Lived Experience

**2 P.M.**

Breakout Sessions

Session A:  
Measuring Resiliency  
(Blue Room, Dining Centre)

Session B:  
Indigenous Perspective  
of Resiliency  
(Alberta Room, Dining Centre)

**3 P.M.**

Break and Stretch

**3:15 P.M.**

Facilitated Discussion  
Dr. Michael Ungar

**4:45 P.M.**

Healthy Campus Alberta  
Announcement