

Healthy Campus Alberta

2024 Wellness Summit

Introspection: Looking Back to Look Forward

Thursday, June 13th, University of Alberta

TIME	ACTIVITY
9:00 AM	Registration Opens
9:30 AM	Welcome and Land Acknowledgement
10:10 AM	Connection Activity
10:30 AM	Break
11:00 AM	Session 1 - Why We Do What We Do?
12:00 AM	Lunch
1:00 PM	Concurrent Session 1
2:00 PM	Break
2:30 PM	Concurrent Session 2
3:30 PM	Break
3:45 PM	Share and Celebrate
4:00 PM	Recovery on Campus Alberta Awards Gala



Canadian Mental
Health Association
Alberta
Mental health for all

Healthy Campus Alberta

2024 Wellness Summit

Introspection: Looking Back to Look Forward
Friday, June 14th, University of Alberta

TIME	ACTIVITY
9:00 AM	Welcome and Recap
9:30 AM	Concurrent Session 3
10:30 AM	Break
11:00 AM	Concurrent Session 4
12:00 PM	Lunch
1:00 PM	Keynote
2:00 PM	Share and Celebrate & Closing Remarks

