

We invite you to join us in
THINKING HEALTHY THOUGHTS

May 24th, 2025

MDM Community Centre, Bellevue

9:00 am - 3:00 pm

**'Peaceful Mind, Peaceful Life. Inner Peace: Your Ultimate Superpower.'
Elevate Your Frequency. Elevate Your Life.**



Presented by
Marci Stockton:

Rewire Your Mind, Raise Your Energy, and Radiate Inner Peace with this empowering keynote. Soul Connection Coach- Marci Stockton, will guide you on a transformational journey to shift from stress, self-doubt, and overwhelm to clarity, confidence, and ease. This session will include engaging storytelling, interactive exercises, and a guided energy activation, ensuring you walk away feeling uplifted, empowered, and ready to think healthier thoughts—both mentally and energetically.

✨ Don't miss this opportunity to shift your mindset, elevate your energy, and step into a life of greater ease, fulfillment & flow!

Therapeutic Art Coaching



Presented by
Melanie Peters Bright

What is Therapeutic Art Coaching?

In our time together I will show you how to:

- create art without self-judgment
- help increase happiness and manage emotions in a positive way using colour
- reduce stress, increase self-awareness, intuition and self-expression

Drums Alive



Presented by
Heloise Walters

Drumming exercise has been shown to improve concentration, reverse stress responses, improve sensory and motor movement, and produce feelings of elation and creativity. Drumming is also a means for emotional expression.



For more information and to register
call Tina Smith (403) 562 8020
Limited space for participants and childminding
(Lunch will be provided)



COMMUNITY ADULT
LEARNING PROGRAM

