



HEALTH AND WELLNESS

REGISTRATION NOW OPEN!

SOUTH ISLAND PHYSICIAN HEALTH AND WELLNESS FAIR

Delta Ocean Point Hotel, Harbour Room, Victoria, BC

Saturday February 23, 2019

7:30am - 12:30pm

Join your colleagues for a wellness-focused morning:

- Breakfast and networking
- Curated Knowledge Lounge, with complimentary chair massage
- Health and Wellness-focused speakers (healthy sleep habits, diet, mindfulness, etc)
- Laughing Yoga group exercise
- Partners & spouses welcome!

Please register by February 8, 2019
events@sidfp.com, (250) 658-3303

**PRIZE
DRAWS!**



**South Island
Division of Family Practice**
A GPSC initiative



**SOUTH ISLAND FACILITY
ENGAGEMENT INITIATIVE SOCIETY**