

ECCDC's First Interactive Wellness Symposium  
for Educators and Administrators

# Inspiring Health, Well-being and Happiness in the Early Years

This one-of-a kind symposium will offer unique opportunities for early years educators and administrators to engage in experiences to support their own well-being and gain strategies to foster health, well-being and happiness practices with children and families.

**Nora Spinks, CEO of the Vanier Institute of the Family**

will be a guest speaker for the event. Nora is providing a keynote presentation for Administrators during the day and an interactive experience with Educators in the evening.

The symposium will include marketplace exhibitors and experiences such as:

- Yoga
- Meditation
- Mindfulness
- Stress relief
- Nutritional snacks
- Physical activity
- And many more!

Free educational resources and suggestions will be offered for inspiring health, well-being and happiness for educators and their classrooms.



**Nora Spinks**, CEO of the Vanier Institute of the Family, is a recognized expert on Families in Canada and an internationally recognized leader in work-life and well-being, organizational development, and human resources management. She has extensive experience working with the private, public and voluntary sectors.

## Registration Information

**Wednesday October 28, 2020**

Stone Mill Inn, 271 Merritt Street, St. Catharines

2:00 to 4:15 pm: Keynote presentation and round table discussions

4:15 to 8:00 pm: Wellness experience kiosks and Wellness Marketplace  
Exhibitors will be available

**This is a FREE event, registration is required.** Choose to attend Nora Spinks' Keynote, visit the Exhibitor Fair, or both!

**To register**, please contact the ECCDC at 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)