

# Hearts Linked *By* Courage

## WELLNESS RETREAT

OCTOBER  
14-15, 2017

An empowering wellness event that will engage delegates with amazing speakers, sharing of inspirational stories, provide education and support, while leaving plenty of time for socializing, entertainment, and relaxation. *at the distinctive*  
OLD MILL TORONTO

### *Featuring Keynote Speakers*

**Sheri Andrunyk**

Founder, Publisher, Author, Mentor; I C Publishing and Consulting  
Creator of the Hearts Linked by Courage Series

**Jill Hewlett**

Nationally recognized Speaker, Author, Brain Fitness Expert  
and TV Wellness Authority, Educational Kinesiologist,  
Founder & Mentor of Women's Wellness Circles

**Kelita Haverland**

Award-winning Singer, Songwriter, Juno Award Nominee,  
Inspirational Speaker and Comedienne

Cinderose | Toronto Independent Music Award Nominee,  
2016 Young Songwriter of the Year

Jenn Pike | Registered Holistic Nutritionist, Author, TV Host, Guest  
Holistic Expert for Breakfast Television, Global, CHCH, Rogers TV

Ladan Paolini | Founder, Owner, Body to Bliss Yoga

Valeria Mravyan | Renowned Visual Artist

Lora Lisi | Life Coach and Owner of BlissOm

From the unique, charming and historic venue of the Old Mill Toronto with its phenomenal dining experience to our dynamic program contributors and generous sponsors, the Hearts Linked by Courage Wellness Retreat will leave you feeling rejuvenated and empowered!



### *Early Bird Registration*

Early bird Registration (incl. HST): \$249 (Saturday only) or \$389 for the whole weekend. Includes all meals, classes, expert speakers, art party, soul-rejuvenating yoga class, trail walk, beautiful swag bags and much more! Be sure to book early for spa and accommodation availability too!

#### **REGISTER HERE:**

[www.healthcareeventplanning.com/events/hearts-linked-by-courage-wellness-retreat/](http://www.healthcareeventplanning.com/events/hearts-linked-by-courage-wellness-retreat/)  
Malak@healthcareeventplanning.com or call 416-459-0266

Proceeds from raffles and silent auction to benefit the Etobicoke General Hospital and Youth Speak

We graciously acknowledge the support of our sponsors and vendors.

