



BEING WELL—AN INSIDE JOB



JOIN US FOR THE KICK-OFF EVENT TO THE G'MINOOMAADOZIMIN—WE ARE LIVING WELL HEALTH & SAFETY CONFERENCE

Dr Steve will be guiding us through the roadmap of healing, utilizing teaching and breathwork, to raise awareness and resilience, as well as having us tap into the power of our own inner healer.



Dr. Steven Fonso is an author, owner and holistic health practitioner.

He has served the community with over 110,000 office visits, helping people heal anxiety, PTSD, exhaustion, and other conditions of stress. He also runs workshops and day events both locally and internationally. He lives in Thunder Bay with his wife and 3 children, and has recently opened a holistic fitness boutique that runs small group resilience classes based on fitness, movement and breathing practices.

November 27th, 2018 - 6:00 to 9:00 pm

Victoria Inn & Conference Centre, Embassy Ballroom, 555 Arthur St W, Thunder Bay, ON

Hosted by: G'minoomaadozimin - We Are Living Well Health & Safety Initiative & Nokiiwin Tribal Council

To Register: www.nokiiwin.com/bewell