



Get your bounce, back!

Join us for an evening of entertaining resiliency building activities AND celebrate the launch of "OT Bounce", an online Continuing Professional Development learning module.

Occupational therapists are hardy and resilient by nature, but work demands take a toll. To stay healthy and productive in our complex and changing healthcare workplaces we need to nurture our ability to 'bounce back'.

OT Bounce (<https://cbotlabs.wixsite.com/ot-bounce>) contains a range of evidence-based resources, a learning module, certificate of completion, and more.

Workshop leader & master juggler Tony Esteves

Tony is an experienced workshop facilitator and performer (<http://iontheball.ca/>). He has delivered play-based training around the world to improve communication skills, focus, and resiliency. His passion for facilitation is matched only by his passion for travel and performing. You can see him on stage with Le Cirque de la Nuit across North America!

Get your bounce, back!

Learn new self-care skills (yes, juggling too!), share thoughts about resiliency, and have fun. No circus experience required- just an open mind.

Register at: <https://goo.gl/forms/7vXdbsaUYQl6jEIW2>

Learning? ✓

Juggling? ✓

Self-care? ✓

Did we mention
networking & food?

All this and more...

Thursday Sept 13th

5 - 8:30 pm

Rm 3-01/07 Corbett
Hall, **Edmonton**

Rm 326 - 906 8th Ave
SW, **Calgary**

Event is FREE

Space limited

You must pre-register

Queries: cary1@ualberta.ca

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