



*Annual General Meeting:  
Active Algoma Nurses 2020*

**AGENDA**

**Wednesday, November 25<sup>th</sup>, 2020 at 7:30-8:30pm**

**Zoom – Details Provided Upon Registration**

**Register FREE Here: <https://myrnao.ca/civicrm/event/info?reset=1&id=925>**

Item	Who	Time
Welcome and Introductions	Karen Belanger Algoma Chapter President	7:30-7:35 pm
Algoma Chapter & Region 11 Overview	Lil Bressan Region 11 Representative	7:35 – 7:40 pm
Physical Activity and Wellness – Active Session	Lisa Folz Clinical Exercise Physiologist, Guest Speaker	7:40 – 8:00 pm
Nutrition, Wellness, and Lessons Learned During Covid-19	Dr. Martin Clinical Nutrition and Natural Medicine, Guest Speaker	8:00 – 8:20 pm
Questions and Closing Remarks	Karen Belanger Algoma Chapter President	8:20 – 8:30 pm

