

ITINERARY

Region 5 AGM Metis YOUTh
Ages 10 – 29 years

November 19, 2022

Activities: 10:00 am – 4:30 pm

Opening Prayer & Introductions

Region 5 Vice President – **Hilda Lambert**
Region 5 YOUTh Representative – **Neika Courtorielle**

Special Guests:
1:00 p.m.-2:30 p.m.

Motivational Speaker, Adrian LaChance
Reiki Energy & Traditional Healer, Amanda Wanotch
Musician, Zach Willier

2:30 p.m. – 4:00 p.m.

Metis Dot Art Painting Wksp.
"Christy Belcourt Inspired" Painting
Facilitator – **Jamie Chalifoux**

Medallion Room

10:30 a.m. & 4:00 p.m.

Red River Jigging Demonstrations
Presenter – **Beverly Kaye Lambert**

Medallion Room

11:00 p.m. – 5:00 p.m.

Reiki Energy Healing Sessions
5 spots available for individual sessions
Reiki Healer – **Amanda Wanotch**

Boardroom

11:00 a.m. – 4:30 p.m.

Rupertsland Institute RV
Mobile office staff available to answer your questions,
for Metis job seekers, employers, and students

Onsite Outside

8:00 a.m. – 8:00 p.m.

Voting!!
Metis YOUTh - Ages 16 and up can register and vote.
Register upstairs at the event 10:00 am – 12:00 pm

Sweetgrass Room

11:00 a.m. – 4:00 p.m.

Face Painting
By Kimmy and Abby

Medallion Room

11:00 a.m. – 4:00 p.m.

Craft Table
Table set up during the event 11 am to 4:30 pm

Medallion Room

And....

Adrian Lachance will be speaking to the YOUTh throughout the day!!

Zachary Willier will entertain with his fiddle and for Bev to Jig

Door Prizes!!

