



MENTAL WELLNESS SUMMIT

VIRTUAL SUMMIT TIMELINE

EARLY YEARS 2021

- 0:00 Land Acknowledgement
00:42 Opening video
01:59 Opening remarks with *Sara Orlesky and Suzi Friesen*
03:43 Project 11 student interviews with Winnipeg Jets #4 *Neal Pionk* and #27 *Nikolaj Ehlers*
- 06:34 *Mindful Movement Intermission with Heather from the Yoga Barre***
- 11:58 *Big Daddy Tazz* reads *I Like Myself* by Karen Beaumont
23:28 Music Therapist *Allison Shiach* sings *A Tickle in my Tummy*
27:21 Professional Point of View with *Dr. JoAnn Unger*
30:47 Project 11 student interviews with Winnipeg Jets #88 *Nate Beaulieu*
- 32:46 *Mick E. Moose workout with AJ Zeglen from Focus Fitness***
- 36:05 Pet Love with *Crystal Hanson, Malachi* and *Jets' Pets*
40:27 Legendary children's entertainer *Fred Penner*
- 49:17 *Joyful Movement with popular Instagram dancer Gurdeep Pandher***
- 54:22 Closing remarks from *Sara* and *Suzi*
55:25 Gratitude Waterfall featuring Project 11 student art and music from *Allison Shiach*

