



# POWER OF PHYSICAL, MENTAL AND EMOTIONAL HEALTH

**Saturday  
November 18th, 2023  
1:00pm EST**

**Join us for an online youth  
mental health event featuring  
expert speakers, interactive  
activities, and peer networking.**

All are welcome

Admission Fee Waived

*"Train the body mechanically,  
tame the mind logically and  
nurse the heart emotionally."*

~Srinivas Arka



**YOGI SRINIVAS ARKA**  
Philosophical Author,  
Founder of Centre for  
Conscious Awareness (CCA)  
Worldwide Charities  
(Pre-recorded talk)



**DR. KATIE SHILLINGTON, PHD**  
WESTERN UNIVERSITY ALUMNI  
Post-Doctoral Scholar at the  
University of California San Diego  
(Live Online)



**KELSEY RUSSELL-MURRAY, RD**  
WESTERN UNIVERSITY DIETITIAN  
(Live Online)

**REGISTER  
HERE NOW**



**ELIZABETH WEBSTER**  
WESTERN UNIVERSITY, BIOLOGY  
Event Co-ordinator, CCA-Canada



**AMELIA NICHOLLS**  
WESTERN UNIVERSITY, CRIMINOLOGY  
Marketing Specialist, CCA-Canada

## Partners



Exercise is Medicine  
Western University



Ottawa's Official  
Pre-Pharmacy Club



Concordia Undergraduate  
Psychology Association



Jack.Org  
Laurentian University



STEM Relief Club  
University of Guelph



Youth Helping  
Youth BC



Youth4Youth  
Canada



Med Games