



CanBeWell
Canadian Association of
BioEnergetic Wellness

present

Choose Love Canada Day November 22

7 – 8:30 pm Eastern

Register at [Eventbrite](#):

CanBeWell concludes The Youth Self-Care Awareness Project with **Choose Love Canada Day**.

Reaching out to families and youth with special projects throughout 2021, they have highlighted activities, resources and programs that are available for self-care and wellbeing support. Collaborating with the Choose Love Movement, CanBeWell members and Canadian Ambassadors for the Jesse Lewis Choose Love Movement have come together for this fundraising special event. Hosted by Tanya Levy, this group will weave you through some fun pampering activities while sharing the Choose Love Formula: Gratitude, Compassion, Forgiveness and Courage.

A very enlightening and powerful evening, you will feel refreshed and enlightened by Jesse's message of 'Nurturing Healing Love'. We do plan to 'have a lot of fun' in honor of the Choose Love Movement's initiative to have Social and Emotional Learning opportunities available to all. By raising money to expand the current programming we will be expanding the advocacy into a Choose Love Lifestyle which includes educators, business, communities, families and more.

Our gift to you before the evening begins...BioEnergetic Essentials [ebook](#). You can purchase your own copy [here](#). Be sure to check out our webinars from the year on [YouTube](#).

Our program:

7:00 Intention and Energizer, Introduction of special guests

7:10 Special Sessions for Self-Care and Wellbeing

8:10 Compassion in Action with the Polar Express

8:20 Closing Meditation and Farewell



Michelle Greenwell is from Mabou, Cape Breton Island, Nova Scotia. She is a doctoral student at Akamai University for Integrative Health, and she specializes in movement to bring health and wellness to the body. She uses Dance, Tai Chi, and NeuroReflex Integration as well as Touch for Health™ and Therapeutic Touch™ techniques to name a few. <https://linktr.ee/dancedebut> for more information.

Four Hugs a Day

In today's special circumstances where we cannot hug and touch our friends and family, it has been a tough road for children. Michelle will share one of her favorite Charlotte Diamond recordings and explore the ways that we do hug each day, and how that connection can make us feel. As Jesse Lewis shared in a message to his brother, "Have a lot of Fun," Michelle will have you playing with love in a new way.



Paula Nowak-Droog is an educator, well-being coach and body + mind facilitator. Paula offers stress strategies & well-being experiential workshops and courses. She incorporates Movement, Touch for Health®, Eden Method®, Acupressure & Brain Gym® techniques to cultivate wellness and well-being. Paula is passionate about leading others to navigate stress & reclaim joy! For more information visit <https://linktr.ee/LearningInfinitePossibilities>

Self-compassion in Action

Compassion is part of our nature. We become tired when the flow of compassion is only in the outward direction. We get compassion fatigue when we have compassion for others but not for ourselves. Self-care is self-compassion in action. Paula will offer 2 nourishing self-care techniques to nurture your inner compassion.



Tanya Levy, Master of Social Work, Canadian Certified Counsellor, Therapeutic Touch ®Level 3, Touch for Health Synthesis Level 4, author, digital artist, educator, writer, poet, photographer, and Tai Chi enthusiast. She resides in Port Hawkesbury, Cape Breton Island, Nova Scotia. Tanya's passion is to support each individual in their healing journey through counselling, inspirational photography, healing art and writing. Her daily practice is to capture photos of light, nature and beauty where hearts show up often. Visit <https://linktr.ee/heartladyinspiration> for more information.

Guided Writing on Gratitude

During the pandemic, it can be challenging to focus on the good. Taking time to focus on what you are thankful by noticing what is right here, right now can be a way to bring more positivity, balance, and self-care into your life. This exercise will help you begin that practice in writing. Bring a paper and a writing instrument. Markers and crayons are welcome. Glitter is recommended.



Concentina (Connie) Concetta works for the Montreal School Board in Preschool Education. She has been an avid supporter of the Choose Love Movement and is looking forward to her training as an Ambassador next month. Her passion for working with children can be seen in her presentation today.

How to Show Up with Gratitude, and Teach your Kids to do the Same The Choose Love Formula has 4 key pillars: Forgiveness, Compassion, Courage and Gratitude. As we finish off the Month of Gratitude for the Choose Love Movement, Connie will be providing us with some fun ways to think about gratitude and share it within our families.



Marie-France Renaud resides in Vaudreuil-Dorion, Quebec, Canada and is the reason the Canadian Ambassadors exist. Her work in trauma situations with Masgutova NeuroReflex Integration (MNRI) found her in Newtown Connecticut after Jesse Lewis lost his life to the school shooter. Her skills in trauma situations have helped organizations manage pre-post crisis events and have supported prevention strategies for high-risk professionals/First Responder and Victims of Catastrophe within the Post-Hyogo 2015 Framework for Action. Her passion is helping babies, children, teens, adults and wiser people to reach inner peace and their

highest potential and attend beyond their neurophysiological, psychological and sociological challenges. As well, she excels in helping selectively mute and other anxiety related neurocommunicational challenged people to express themselves, act and interact with joy and happiness! You can find Marie-France at www.EchoMotion.ca

Bringing the Breath into your Center, Calming the Vagus Nerve will provide new ways to think about bringing calm and relaxation into the body and soul. Reducing stress to the Central Nervous System can provide our organs, tissue and emotions to find resolution for optimum functioning.



Natascha Polomski, MSc Complementary and Alternative Medicine (CAM) Student, Therapeutic Touch® Practitioner, Touch for Health Synthesis Level 4, Peter Hess® Singing Bowl Relaxation Facilitator and Diploma in Business Administration.

Natascha has been training in complementary healing disciplines since 2004 with a focus on sound, vibration, and frequency. Working with her disciplines in combination and with Therapeutic Touch® as a strong foundation the concept of BioEnergetic Awareness came to be a crucial part not only in her work but also in her teachings and in her personal life.

Sharing these ideas and allowing others to experience the expanding awareness is her passion. The creation of the Raising BioEnergetic Awareness program and co-author of “BioEnergetic Essentials” is a way for Natascha to share the top tips and tools to create exponential personal growth and flow in your life.

Meditation with the Essence of the Choose Love Formula will provide you with a relaxing and revitalizing experience to close off our Choose Love Canada Day. Natascha’s creative inspirations with the Choose Love Formula will have you experiencing the multidimensional potential of Compassion, Forgiveness, Courage and Gratitude.



Rhonda Gillrie has been a dancer, performer, choreographer, director, and mentor for many dancers over the years. Her passion for bringing the love of dance and living to her students has seen many go on to professional dance careers, and more importantly to choose lives that are full of fun, laughter, and love. The motto at her dance studio is *“At Danceology we strive to provide an excellent dance education in a safe and caring environment while promoting the development of positive self-esteem and a*

passion for dance.” Rhonda first became involved in the Polar Express Train story in 2015 when she was approached to create a choreography for a train trip to the North Pole from Stettler, Alberta, Canada. From that humble beginning she has seen countless stories of magic, love and believing. She truly is the Choose Love Formula in a choreographed tale that gives back to generations of families each year. You can hear more about Rhonda’s story on the [podcast with Michelle Greenwell](#). She will share **“The True Gifts of Believing”** as we celebrate Choose Love Canada Day.

