## **Wellness Conference Workshop Recommendations**

- 1. Aromatherapy
- 2. Baseball
- 3. BBQing
- 4. Buying and owning a dog
- 5. Canoeing
- 6. Community projects
- 7. Cooking vegetarian/ vegan
- 8. Crafts
- 9. Dancing
- 10. Dealing with families suffering from depression
- 11. Dragon boating
- 12. Effective presentation skills
- 13. Exercise at your desk
- 14. Film appreciation
- 15. Fishing
- 16. Flower arranging
- 17. Fuzz therapy (petting puppies and learning about breeds)
- 18. Gardening topics
- 19. Genealogy
- 20. Golf
- 21. Healthy eating
- 22. Historical Tours of the Niagara Region
- 23. Interior design
- 24. Jewelry making
- 25. Landscape design
- 26. Medieval studies/ Wellness in the middle ages
- 27. Motivational speaking
- 28. Motorcycling
- 29. Music
- 30. Obstacle course
- 31. Outdoor sports
- 32. Painting
- 33. Perennial plant exchange
- 34. Pilates
- 35. Proper Posture
- 36. Q & A between pharmacist and naturopath
- 37. Quilting
- 38. Ropes course
- 39. Sports nutrition
- 40. Tailor your own clothes
- 41. Theatre Lighting
- 42. Tour Brock's newest facilities
- 43. Vehicle maintenance
- 44. Volleyball
- 45. War of 1812 anniversary topics
- 46. Writing a will