



Agenda

Spousal Program

Date: Wednesday, November 30

Place: Top of the Inn – Delta Hotels by Marriott Edmonton South

8:30 a.m. Coffee and Registration

9:30 a.m. Spousal Program Trade Show

10:30 a.m. Danielle Reed - Gratitude and Joy

The research tells us that having a regular gratitude practice can lead to greater joy in your life. When the 2020 pandemic happened, Danielle was two months into a committed gratitude practice that changed everything. Instead of focusing on what was wrong, she found ways to see the twinkle lights that were all around her despite the hardships and struggles. Now, almost 1000 days into that same practice, with a group of people who have joined along for the ride, she will share what joy is, how gratitude changes how we see things and how to move joy from something we seek, to something we are.

11:45 a.m. Lunch

12:30 p.m. Family Frames Craft