

# Wellness Workshop

Thursday, April 13, 2023



**Guest Speaker:** Jessica Holmes  
Celebrated Comedian | Author |  
Mental Health Advocate

Beloved comedian Jessica Holmes has brought the house down opening for giants such as Ellen DeGeneres, Russell Peters, Jerry Seinfeld, and Oprah Winfrey. She has performed at Just For Laughs and The Second City, and starred in the comedy series, *The Holmes Show* and *Royal Canadian Air Farce*. Her hilarious take on life's challenges as well as her unique knack for impersonating celebrities have audiences in stitches.

Holmes, like millions of North Americans, has struggled both with post-partum depression and, as she puts it, "regular, run-of-the-mill, garden-variety depression". Striving to help end the stigma around mental health issues, she openly shares her personal stories with the humour she's known for, bringing light to what can often be a dark topic. Holmes' funny and inspiring book, *Depression The Comedy: A Tale of Perseverance*, takes readers deeper into her mental health journey with validation and warmth. She is also grateful to help further reduce the stigma around mental illness as a Bell Let's Talk celebrity ambassador.

Holmes's greatest joy is helping people take simple, sustainable steps towards fulfillment and well-being, one laugh at a time.  
Follow Holmes on Twitter and Instagram at @happyfeetholmes.



Please see page 2 for more  
workshop details.





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4:30 p.m. – Registration and Light Dinner

5:00 p.m. – Guest Speaker

6:00 p.m. – Workshops

ETFO Thames Valley Teacher Local

2911 Bateman Trail, London

*Advance Registration is Required!*

You may choose one (1) of the following workshops to attend after the guest speaker:

A) Stress Reduction Mindfulness Tools – Kelly Spencer

B) Gentle Flow Yoga with Kelly – MUST BRING OWN YOGA MAT!!!

C) Healthy Eating on the Go

**LIMITED SPACE AVAILABLE IN EACH WORKSHOP!**

## Online Registration Instructions

1. Select “ETFO Secure Login” at top right of website
2. Under “Upcoming Events” select “Wellness Workshop”
3. Click on “Register Here”
4. Follow Prompts for Registration

Registration Deadline: Tuesday, April 4, 2023

- PLEASE POST -

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