MERITONTARIO

Wellness Day

February 29, 2024
Burlington Convention Centre

Morning Session: 8am - 11:30pm
Afternoon Session: 12pm - 3pm

Join us either in the morning or afternoon for our Wellness Day focused on physical and mental wellness.



Mark Barnes, RPhc

Substance Use Disorder & Mental Health

Mark Barnes is a Pharmacist and Owner of Respect Rx Pharmacies. Using his website NaloxoneCare.com he delivers seminars for various community groups, companies, and other medical professions on this topic. Most recently Mark and Respect Rx Pharmacies have partnered with St John Ambulance to deliver two national opioid overdose prevention projects that distributes naloxone overdose prevention kits to high risk and underserved communities. Since being asked to be a regional champion for the Ontario Ministry of Health's publicly funded naloxone program, Respect Rx has trained over 200,000 people and conducted countless community-based seminars on proper use of naloxone and the signs and symptoms of opioid overdose.



Sue Mah, MHSc, RD, PHEc, FDC

Nutrition Tips for Construction Workers

Sue is an award-winning dietitian and daughter of a chef — and she loves to eat! As the Founder and CEO of Nutrition Solutions, Sue has worked with Health Canada, Heart and Stroke Foundation, Osteoporosis Canada and Diabetes Canada. She appears on national and local TV sharing sensible nutrition advice with a goal to inspire people to eat well and live well. An engaging speaker, Sue has presented to Fortune 500 companies including Walt Disney, Target and CVS Pharmacy. In her free time, she enjoys cooking, cycling and stand-up paddle boarding.



Clint Malarchuk

Mental Health and Wellness

Clint Malarchuk is a former NHL hockey goaltender who played in the league between 1981 and 1992. In addition to being a player, he has also been a coach for four NHL teams and two minor league teams, most recently the Calgary Flames. He is well-known for surviving an injury during a 1989 NHL game when a player's skate made contact with his neck leading to life threatening injuries that he recovered from. His story is quite remarkable.

Clint is a mental health advocate, author, and professional speaker. He speaks in the United States and Canada about mental health, PTSD, depression, and his own battles. Through his experience as an NHL player and coach, Clint has developed philosophies on leadership and overcoming life struggles.

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