



**2015 FCCP Annual Conference, Nov. 29, 2015**

**The LOFT (Boiler House Restaurant), The Distillery**

**18 Tank House Rd, Distillery District**

**“YOLO” You Only Live Once**  
**Optimizing your well-being!**

*This year's theme is about improving one's overall well-being, physical and psychological. You will gain insights on how to enhance your ability to reduce stress and discover opportunities to enjoy a balanced enriched lifestyle.*

**Program**

**Enjoy the famous Christmas Market** – On your own. Market hours: **Noon – 9:00pm**

Show proof of FCCP Conference registration at entrance for free admission

- 6:00 – 6:30 Conference registration – The Loft
- 6:30 – 6:40 Welcome and Introduction
- 6:40 – 7:00 Ontario Spring Water Sake Company
- 7:00 – 7:45 Dinner and Presentation  
(Entrée: supreme of organic chicken and organic chinook salmon fillet, citrus cranberry relish, riesling beurre blanc)  
**Ms. Roslyn Tsao**, President FCCP Education Foundation  
FCCP Education Foundation Annual Award of Merit
- 7:45– 8:30 **Kenneth Fung MD, FRCPC, MSc**  
Staff Psychiatrist and Clinical Director of the Asian Initiative in Mental Health Program, Toronto Western Hospital, University Health Network  
Associate Professor with Equity, Gender, and Populations Division, Department of Psychiatry, University of Toronto  
**Topic: “Supercharge your life with Acceptance and Commitment Training (ACT)”**
- 8:30– 9:15 **Caroline Meyer ND**  
Director of Alchemy Integrative Medicine  
Faculty, Canadian College of Naturopathic Medicine  
**Topic: “Optimize Your Health with Natural Medicine”**
- 9:15 – 10:00 **Rose Kung MD, FRCSC, MSc, FACOG**  
Sunnybrook Health Sciences Centre  
Associate Professor, Core Obstetrics & Gynaecology, University of Toronto  
**Topic: “20 Places to see in your lifetime!”**
- 10:00 – 10:30 Networking



加拿大華人專業人員聯會 (安大略省)

The Federation of Chinese Canadian Professionals (Ontario)

**2015 CONFERENCE REGISTRATION**

Registration deadline is Nov. 22/15. Seating is limited so please register early.

- 1) Complete this form and scan/email to: [fccpboard@gmail.com](mailto:fccpboard@gmail.com)
- 2) Confirmation of registration will be emailed to you
- 3) Registration fee is collected on-site. Fee is due regardless of attendance.
- 4) No cancellations after November 22
- 5) Check here if you require a **vegetarian** meal  How many?\_\_\_\_\_

Attendee Name(s): \_\_\_\_\_,

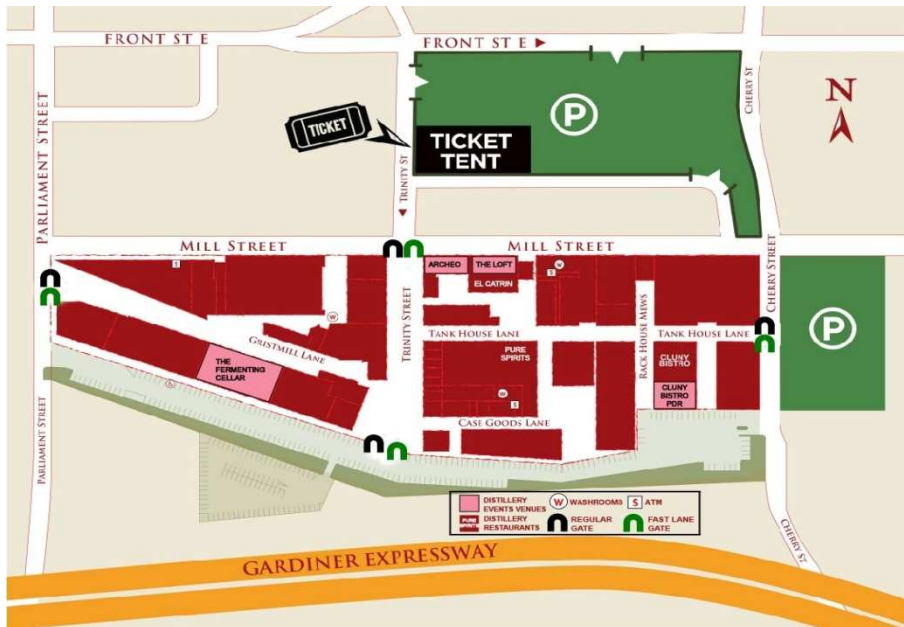
email: \_\_\_\_\_ phone: \_\_\_\_\_

Registration Fee (includes dinner):

\$60 /pp # \_\_\_\_\_ x \$60

Total due: \$ \_\_\_\_\_

**Distillery site map:** *If possible avoid driving/parking on-site. It is extremely busy during the Christmas Market.*



FCCP guests do not need to purchase a ticket. Enter through the Green Fast Lane entrance and show confirmation of conference registration.