



# Health Care Co-operatives Federation of Canada

Annual General Meeting, Strategic Planning and Hans Kai Training Oct 20 and 21, 2014  
 Ys Owl Maclure Co-op, 1140 Morrison Dr, Ottawa, ON K2H 8S9 613 721-1500

Thursday Oct 20	AGM Activities	Hans Kai Activities, in separate room	Special Meetings, separate room
08.45 – 09.15	Welcome and Introduction		
09.15 – 10.30	<b>Our Best Program, Our Best Practice, or Getting To Know Us</b> from new and potential members		
10.45 – 11.00	Introduction to Hans Kai		Finance Committee
11.00 – 11.45	<b>What's New With Us</b> , from existing members		
11.45 – 12.30	Keynote remarks: Dr Fiona Duguid <b>Impact Beyond Financials</b>	Registration and Background for those new to Hans Kai	
12.30 – 13.15	AGM		
13.30 – 14.00	Strategic Planning Welcome, Introduction, Goal Setting		
14.00 - 14.45	Roundtable Discussion: Current State of the Federation		
15.00 – 15.45	Looking Ahead: our Vision for the Next Three Years		
16.00 – 17.00	<b>Our Best Program, Our Best Practice, or Getting To Know Us</b> from new and potential members, <b>What's New With Us</b> , from existing members	Introduction to Hans	
17.00 – 18.15		Hans Health Indicators	
18.30 – 19.30		Hans Nutrition, includes supper	
19.30 – 10.30		Hans Fitness	

Friday Oct 21	AGM Activities	Hans Kai Activities, in separate room	Special Meetings, separate room
09.00 – 10.00	Looking Ahead		
10.45 – 11.30	Mapping our Plan for the Next Three Years		
11.30 – 11.45	Measuring our success	Hans Kai Nutrition Part 2	
11.45 – 12.00	Closing Thoughts on Strategic Planning		
12.00 – 12.45		Hans Sleep and Stress	
13.00 – 14.00			Board Meeting
14.00 - 15.15		Han Primary Care Through the Years	
15.15 – 16.15		Hans Working Together	
16.15 – 17.00		Hans Questions and Launch	

We respectfully request a donation towards the cost of registration, printing and refreshments, suggesting \$50 per person per day for this event.  
 Please note the separate cost for the full Hans Kai training.