



CENTRE WELLINGTON RIVERHAWKS

2023 CWMLA Expo

Our CWMLA executive is pleased to announce our first expo of the 2023 season. We have a number of partners within the community who provide amazing support for our programs. In partnership, they will have the opportunity to speak to the group about their organization and how they are assisting our programming.

Come on out for some light refreshments, to meet your CWMLA executive team, and learn about some significant topics that impact lacrosse in our community, its heritage, as well as great support systems for our athletes. Each speaker has a quick 15-minute presentation with an opportunity for questions and networking afterwards.

Evening Agenda (subject to change)

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| 11:00 am | Door Open |
| 11:15 am | Welcome & President's Message |
| 11:20 am | CW Staff Introductions |
| 11:25 am | Michelle Bomberry
Six Nations of the Grand River
Presentation on the roots of the game of lacrosse and the connection to the Haudenosaunee. |
| 11:40 am | Ryan Martin
Defensive Coordinator UofG Field Lacrosse
Post-secondary opportunities in Canada and the United States for lacrosse players and other athletes. Get information about the scholarship process and what to look for to take your game to the next level. |
| 11:55 am | Katrina Burch
CMHA WW Lead, Mental Health Promotion
We know it's important to take care of our physical health, but it's also important to take care of our mental health. Learn a few helpful hints to support help keep your head in the game! A special guest from The Grove Hub will share information about their wellness space and community resources. |
| 12:10 pm | Sarah Riazi and Robin Annis
Eramosa Physiotherapy Assoc.
Keep yourself in the game, Sarah and Robin talk about concussions, avoiding them, treating them and return-to-play protocols to keep you safe. |
| 12:25 pm | Networking, Questions and Refreshments |