



# 2022 Alberta Healthy Communities Symposium

*We believe communities are strongest when they come together.*

This year's theme was **Communities HEAL through Connection**. Champions were inspired to launch, continue, or evolve Healthy Eating, and Active Living (HEAL) initiatives in their communities through the lens of diversity, equity, and inclusion. Our goal was to provide traditional and contemporary opportunities for delegates to strengthen connections with oneself, others, and communities through a variety of Indigenous and non-Indigenous perspectives.

Participants rated  
**TOP FOUR SESSIONS**  
**4.5/5\***



- *The Grandmothers' Circle*
- *Making Relations Panel*
  - *Smooth Moving*
- *Tamer Closing Keynote*

**PARTICIPANTS DESCRIBED SESSIONS AS**

- *Captivating and informative*
- *Engaging and inspiring*
- *Beneficial and important*
- *Increased awareness and addressed real-life issues*



**202 REGISTRANTS**  
*119 attended a session*



**92%** OF PARTICIPANTS  
*said the symposium met or exceeded their expectations*



**88%** OF PARTICIPANTS  
*were very satisfied or satisfied*



**100%** OF PARTICIPANTS  
*were satisfied or very satisfied with the quality of speakers and sessions*

**AVERAGE SCORES INCREASED UP TO 10%**  
*in knowledge, awareness, skills and confidence*

**10%** ↑

*in understanding of fostering greater equity, inclusion and diversity through ones work*

**9%** ↑

*in awareness of opportunities to develop collaborations or partnerships that could help influence community change*

**9%** ↑

*in confidence to influence change within community*

**Join Communities ChooseWell for the 2023 Alberta Healthy Communities Symposium**

\*Session averages (n=26)



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