



Dear HPEC Nation,

Welcome to Conference! It is an honour to welcome you all to our annual HPEC Conference being held on beautiful Treaty 6 and 7 territory and the Red Deer College campus.

I'd like to send a very special thank you to our HPEC Conference Committee and our Co-Chairs (Jodi and Jonathan) for all of the *time* you have given to organizing one of Canada's premier Health and Physical Education professional learning opportunities. Time is one of the most valuable gifts we can give to the people we love. Your HPEC family acknowledges, and are grateful for, this most valuable gift you have given to our membership. We are proud of the work that all of you have done on behalf of our Council.

Over the next few days, we will have the opportunity to connect with this beautiful campus and colleagues from across Alberta. We have gathered exceptional speakers, colleagues, and resources from some of the best that Canada has to offer. We are grateful to our sponsors who support our members and have also become part of our HPEC family. Together we are building a stronger HPE community, and as a result, healthier students.

Like most epic journeys, this past year has been filled with dedication to our vision, mission, values and goals. This is possible because of dedicated, passionate and hard-working volunteers who serve as your HPEC Executive. In addition to this, we are grateful for the collaborative relationships that HPEC has built with our Liaisons to support quality Health and Physical Education in Alberta throughout the year. Our HPEC annual conference is a time for us all to connect and celebrate with our colleagues.

Life is a journey. Let it be active.

Be well,

Hallsy

Vision | Alberta teachers will provide quality instruction and programs in health and physical education to promote the development of healthy active lifestyles in students.