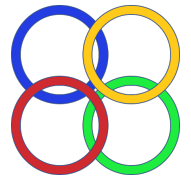


# **Thrive Symposium**

## **Inner transformations for a flourishing healthier life and relationships!**



*“People settle for a level of despair that they can tolerate and call it happiness.”*  
Søren Kierkegaard

Whether you are stuck in a dead-end job, a loveless relationship, burnt out or physically unwell, join us for a one-day **Thrive Symposium** to reboot your life. Or dare to dream again with renewed passion and energy. And to find fresh creativity for your talents and giftedness.

With our combined decades of experience as healers and trauma overcomers, using stories, music, and the very latest neuroscience, **we will impart keys to inner change designed to unlock a flourishing life.** Four effective keys will not only help you rebalance your life, but can also become a fountain of transcendent life-force.

Likeminded ministry exhibitors will be onsite with the opportunity to request follow-up group, couple, or individual therapies.

For a cost less than your spring car tune-up, you could benefit yourself, your family, and your workplace with your own inner world “tune-up!” Exchange despair for delight.

### **About the Presenters:**

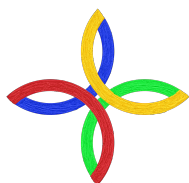
Catherine Garant is a survivor of multiple childhood abuses and author of ***Everything is Going to be Okay***, a beautiful memoir of triumph over hardship, full of insights for your healing journey. Her story has held audiences on the edge of their seats. Her perseverance will inspire you to continue your own inner work, faith, and healing.

Dr. Hendrik Visser is a physician with over four decades of medical experience in Africa and PEI. He has a career long passion for whole person functional medicine and the very latest evidence-based approaches to mind-body medicine. He is the author of ***Healing for Your Hurts, Living Your Divine Destiny***, and forthcoming ***FIT for LIFE***, and speaks to audiences on integrating faith and medical science. He translates complicated medical information into understandable layperson language and pictures.

Sheila Ann Smith is a cancer survivor and singer-songwriter, weaving her story with her heartfelt songs. She tours internationally and inspires audiences to share their own gifts with the world. She is the author of ***Hope Began Under a Mango Tree***, a novel set in India based on a true story of transformation, and miracles, through a courageous heart.

### **Details:**

Sponsor: Integrated Health Transformation Centre Inc. (IHTC)  
Date: **Saturday, April 5, 2025 9:30 am to 5:30 pm** (doors open at 9:00 am)  
Venue: Florence Simmons Performance Hall, Holland College, 140 Weymouth St., Charlottetown  
Tickets: \$ 45.00 (registration on Ticketpro opens Feb 1, 2025)



Integrated Health Transformation Centre Inc.

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