

VON Oxford Presents:

# A Wellness & Resiliency Day for First Responders & Healthcare Workers

Let's Talk About the Hidden Impact of Helping Others

**WITH GUEST SPEAKER AND PRESENTER:  
PATTI BROADFOOT B.S.W., R.S.W., S.W.P., T.S.**

Caring for Others Without Losing Yourself  
-A conversation about compassion, burnout, and  
self-care

**FOLLOWED BY A GENTLE SOUND JOURNEY WITH:  
WILLIAM PASHER**

**WHEN:** Thursday, May 7, 2026

**TIME:** 9:30AM - 3:30PM

**WHERE:** 159 Main St., Woodstock (*Blank Space  
Boutique Venue - Oxford Occasions*)

**FEE:** Free-of-charge

Refreshments & lunch are included

**Registration is Required:**

**Email:** [angela.wildfong@von.ca](mailto:angela.wildfong@von.ca)

**Phone:** 519-539-1231 Ext: 6299

