



We are really looking forward to hosting you in Edmonton for this year's AGM!

Extra things you may want to pack:

- Something nice to wear to the social at Red Piano on Saturday, no jeans allowed.
- Athletic wear if you are planning on participating in the run or yoga.
- Yoga mat if you are planning on participating in yoga, if you don't have one, we've got you covered.
- Camera. I know we all have our phones, but if you're really into photography you just might want to pack your camera. The river valley is ready to show off its fall colours.



A brief intro to the social events:

Friday

- *La Ronde*- Reception and dinner at the revolving restaurant that overlooks the river valley.
- *Denizen Hall*- Walking distance from the hotel, come share a few drinks and catch up with CFMS friends.
- *Board Game Dry Event Social*- There has been some interest in having a dry event social, so we thought we would try it out. We will have plenty of board games available to try out in the Angus Shaw Room. Or you can just hang out and meet some new friends.



Saturday

- *Red Piano at West Edmonton Mall*- Don't miss the bus to West Edmonton Mall! And don't forget it's smart casual for the dress code. We will be having dinner at Red Piano. Starting at around 21:30-22:00, the outstanding dueling piano show will start. It's a very relaxed environment for having a drink, dancing, and enjoying the show.
- *Ed's Rec Room*- If live music isn't your scene, we will have some passes available for you to check out Ed's Rec Room, which is conveniently also in the mall. You can enjoy some bowling or billiard.



Sunday

- *U of A Faculty of Medicine & Dentistry Tours*: If you don't have to head out right away, we are happy to take you on a tour of the University Hospital and Faculty of Medicine & Dentistry buildings. This may come in handy for electives or CaRMS!

A brief intro to the wellness events:

- *Mental Health and Wellness Booth*: This will be found with the sponsor tables, which you definitely need to go see. U of A students who lead our mental health programs will be available to tell you about our wellness events that take place on campus and about our Learner Advocacy and Wellness Office. We have our very own Associate Dean of Learner Advocacy and Wellness!

- *River Valley Run*: The Alberta Medical Association has volunteered to lead a brisk run through the river valley Friday morning for those interested.
- *River Valley Yoga*: Two lovely ladies in medicine at the U of A will be leading a yoga session in the park overlooking the river valley Saturday morning.
- *Art Wellness*: Colouring books have really hit it off for mindfulness. We thought we'd try out the first ever Art Wellness event at CFMS. We have a fourth year student who will be leading a quick little art project Friday afternoon.

Our picks for dining out:

CFMS AGM does not include dinner on Thursday or lunch on Sunday, so we thought we would throw some suggestions your way.

- *Remedy Café*- The hippest place in town. Grab some delicious Indian food or sit and enjoy some chai.
- *Packrat Louie's* - A more expensive option, however you will not be disappointed by this unforgettable meal. You may want to call in advance to make a reservation.
- *Tres Carnales* - For a real Mexican food experience, stop by this taqueria. Walking distance from the hotel, it is worth checking out the authentic Mexican atmosphere.
- *Rosso's* - Thin crust pizza and gelato, how could you go wrong?
- *The Common* - A variety of meal choices, it's time to try out chicken on a waffle.
- *The Sugarbowl* - Outstanding selection of beer and excellent cuisine to top it off. The best cinnamon buns in the city! Perfect for Sunday.
- *Daddio's* - Delicious New Orleans style food, jalapeno jam on fresh biscuits and the best sweet potato fries in town.
- *Duchess (Bakery)* - World renowned treats, just what you need for the journey home.
- *De Dutch (Breakfast/Lunch)* - Amazing traditional Dutch pancakes (pannekoeken) and it's less than a ten minute walk from the hotel.

Places to check out:

- *Whyte Ave* - A street well known for its shops, cuisine, and overall atmosphere. Definitely worth a stop.
- *West Edmonton Mall* - As mentioned under the Saturday night events, there is much to do at the North America's largest shopping centre.
- *Jasper Ave* - Another well-known street for its cuisine and nightlife, Jasper is conveniently located walking distance from the hotel.
- *Churchill Square* - Less than a block from the hotel, Churchill Square boasts a scenic environment and a great place for catching up.
- *Muttart Conservatory* - Across the river from the hotel is a beautiful series of glass pyramids that have exotic plant exhibits.
- *Art Gallery* - Walking distance from the hotel is Edmonton's Art Gallery, an excellent choice for a peaceful afternoon.
- *Roger's Place*- The brand spanking new arena, check it out.



If you have any questions, get lost, etc., please do not hesitate to ask for help.

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