

## ANKORS Support and Outreach

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### ANKORS AGM 2020

A highlight for me over the last year was the ANKORS women's retreat in early November 2019. ANKORS ease and west collaborated to bring a group of women on a wellness retreat in Riondel, at Dutch Harbour. Fourteen of us met on the east shore of Kootenay Lake at a lovely lodge where we enjoyed great food and engaging activities. We all came home with our own work of art from paint night, custom mugs and blankets (thank you Alexis!), personalized aromatherapy remedies, astrology readings and a Bach Flower Remedy tincture made for each specific participant. There was a bounty of delicious food, campfires and music, naps, walks and some knitting too. On our last day, some of us headed to Ainsworth Hotsprings for lunch and a long soak. The retreat was a resounding success and it wouldn't have been possible without the staff who participated: Polly, Alexis, Nicole, and Amber...thank you! Everyone who attended the retreat helped with food and dishes, cleaning up and supporting one another; it was a brilliant collaborative event. Last but not least, thank you Cheryl and the board for always being so enthusiastic about the work we do and putting some time and money to help us see it to fruition.

