

**TUESDAY, APRIL 23**  
**2024 LUNCHEON SERIES**  
The Great Escape  
Conexus Arts Centre  
11 a.m. -- 1:30 p.m.

Celebrating Office Professionals

# THE GREAT ESCAPE



TAKE A BREAK FROM WORK...

Tuesday April 23rd  
11 a.m. - 1:30 p.m.



Conexus  
Arts Centre

## CHAMBER INSIGHT

### Better Together Tuesdays returning to Regina beginning May 7

Better Together Tuesdays are returning to Regina, running from May 7 until July 30.

The program, which is directed through the Regina & District Kin Club, made its first appearance in Regina in 2022 with Mayor Sandra Masters declaring Better Together Tuesdays.

The Better Together Project originated in the Battlefords in 2019 after the community experienced an increase in suicides. In one five-week period, eight deaths occurred with five of the losses being people under the age of 22 and three being over the age of 55.

The vision of the project is to connect generations with a t-shirt that holds a powerful message: We Are Better Together. Since being created, the project has spread across Canada and around the world with over 50,000 t-shirts being delivered.

The project outcome has resulted in mutual understanding, improved feelings of well-being, decreased loneliness, satisfaction from sharing knowledge and experience, and enhanced social cohesion. We have learned that "a connected community is a healthy community".



Here's how you can become involved in the project:

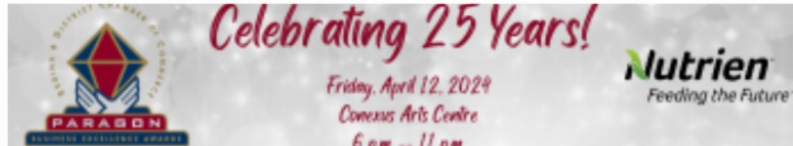
Step One: Purchase a bestEE for you and your bestie, your sports team, your entire workplace or school from [www.bettertogethersk.ca](http://www.bettertogethersk.ca), or locally at SK Hope Learning Centre!  
Step Two: Wear them proudly on Better Together Tuesdays! Wear & share our message: "We are Better Together! Connected communities are healthy communities!"  
Step Three: Look for Better Together logo matches in your community!  
Step Four: Connect! Find a match, meet a new or old friend, engage in conversation, take a photo, and share on social media (on Facebook tag Better Together - Regina, SK Page and Better Together SK Clothing and Regina and District Kin Club).

## UPCOMING REGINA CHAMBER EVENTS

**FRIDAY, APRIL 12, 2024**

### **Paragon Awards**

Conexus Arts Centre  
6 p.m. -- 11 p.m.



**TUESDAY, APRIL 23**

### **2024 LUNCHEON SERIES**

The Great Escape  
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11 a.m. -- 1:30 p.m.



**THURSDAY, APRIL 25**

### **BEER-AUCRACY**

Networking event featuring  
guest speaker: Mayor Sandra Masters  
Regina Brewing  
5 p.m. -- 7 p.m.



## BEER-AUCRACY

**WEDNESDAY, MAY 1**  
**2024 LUNCHEON SERIES**

Guest speaker:  
RPS Chief Farooq Hassan Sheikh  
Ramada Plaza  
11:30 a.m. -- 1 p.m.

*2024 Luncheon Series*

**FAROOQ HASSAN SHEIKH**

**CHIEF, REGINA POLICE SERVICES**

WEDNESDAY, MAY 1 -- RAMADA PLAZA



To register call 306-757-4648 or go to [reginachamber.com](http://reginachamber.com)



For more information or to register for these outstanding Chamber events click [HERE](#)

*"We acknowledge, with respect and truth, that we work and support the business community in Treaty 4 Territory and the traditional lands of the Cree, Saulteaux, Dakota, Lakota, and on the homeland of the Metis Nation."*



**THINK** 

**The Future of Work, Technology  
and Learning Conference 2024**

Presented by


**SASKATCHEWAN POLYTECHNIC**

**Thursday, May 9, 2024**  
**Hall A, Prairieland Park**  
**Saskatoon**



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IT Project Management ♦ Network as a Service ♦ Enterprise Cybersecurity

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## **PCSR meeting scheduled for April 11**

Prostate Cancer Support Regina (PCSR) is holding its next meeting on Thursday, April 11 from 6:30 p.m. until 7:15 p.m.

The meeting will be held at the Saskatchewan Cancer Agency, 4545 Parliament Ave. A virtual meeting through Zoom is also available.



"The COVID - Cancer Study: A Qualification Exploration" will be presented by Dr. Mohamad Baydoun and Andrew McLennan.

The COVID-19 Cancer Study is a qualitative investigation of the experiences of people who were receiving treatment for a diagnosed malignancy during the COVID-19 pandemic. COVID-19 caused significant stressors to the entire population for various reasons; however, PCSR believes that people living with cancer may have experienced challenges and stressors that were uniquely different than others. PCSR is interested in better understanding the experience of engaging (or not) in protective health behaviours, such as social distancing/ quarantining, mask-wearing, and vaccinations, by people living with and receiving treatment for cancer. Other general questions regarding health and social outcomes will also be explored. The goal is to better inform health policy on appropriate measures that should be taken to protect the well-being of people living with cancer. There are no right or wrong answers, and PCSR is looking for a wide range of perspectives on this topic.

Dr. Baydoun is an Assistant Professor of Nursing at the University of Regina with a background in oncology nursing. McLennan is a Doctoral student in Clinical Psychology at the University of Regina He received a Master of Science degree from the U of R in 2023.

For those wishing to attend the meeting virtually, please log in 10 minutes prior to the meeting start time. Visit the [PCRS website](#) to login.



**PRAIRIEMOBILE**  
**TASTE OF SPRING**  
Sip · Savour · Sample

**conexus arts centre**  
**APRIL 19 AND 20**  
[WWW.CONEXUSARTSCENTRE.CA](http://WWW.CONEXUSARTSCENTRE.CA)

**Sobeys LIQUOR**  
**Casino Regina**

**SEE YOU AT THE CENTRE**

The banner features an illustration of three bottles and glasses filled with floral patterns. The background is a vibrant blue.



**79%** OF EMPLOYEES SAY THEY'D CHANGE JOBS FOR A PENSION

Be the employer top talent wants. Join SPP today!

**SASKATCHEWAN PENSION PLAN**

The advertisement includes an illustration of five stylized human figures in green and black, with the number 79% prominently displayed. The background is a light yellow.

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BOSS**  
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