

# Canadian Health & Wellness Innovations Conference

**February 23-25, 2026**

The Royal at Atlantis Paradise Island  
Nassau, The Bahamas

**Preconference:**

February 22, 2026 | 8:30 a.m.-12:30 p.m. ET

**The Nature of Wellness™:  
Step Outside for a Healthier Inside**

**Sponsorships Available!**



*Join Us in The Bahamas!*

**Impact on  
Your Plans  
and Your  
Community**

[www.ifebp.org/chwi](http://www.ifebp.org/chwi)

International Foundation  
OF EMPLOYEE BENEFIT PLANS  CANADA

# SESSIONS AT A GLANCE

Breakfast and lunch will be provided.

<b>SUNDAY</b>   February 22, 2026	
<b>8:30 a.m.-12:30 p.m.</b>	Preconference—The Nature of Wellness™: Step Outside for a Healthier Inside
<b>MONDAY</b>   February 23, 2026	
<b>8:30-9:30 a.m.</b>	Keynote—Performing Well: Lessons on Living, Leading and Creating Lasting Change
<b>9:45-11:00 a.m.</b>	The Best Treatment Options for Mental Health Recovery
<b>11:15 a.m.-12:15 p.m.</b>	Generals in Tents
<b>1:15-2:15 p.m.</b>	Fraud Trends: AI and Cyber-/Wire Fraud
<b>2:45-4:00 p.m.</b>	Empowering Women's Health
<b>TUESDAY</b>   February 24, 2026	
<b>8:30-9:30 a.m.</b>	Preventive Health Care: Managing Diabetes and Hypertension
<b>9:45-10:45 a.m.</b>	The Effectiveness of New Prescription Drugs
<b>11:00 a.m.-12:15 p.m.</b>	The Latest Trends in Plan Design
<b>1:15-2:30 p.m.</b>	A 360° Conversation on Healing, Hope and Innovation
<b>3:00-4:00 p.m.</b>	Mental Health and Substance Abuse: Being a Leader in Your Organization
<b>WEDNESDAY</b>   February 25, 2026	
<b>8:30-9:30 a.m.</b>	Medical Cannabis and Benefit Plans After Recreational Legalization
<b>9:45-10:45 a.m.</b>	Global Perspectives on Employer-Provided Benefits and Wellness Innovations
<b>11:00 a.m.-12:00 noon</b>	Key Lessons for Health and Welfare Plans

(All times are listed in ET.)

# Canadian **Health & Wellness** Innovations Conference

**February 23-25, 2026**

The Royal at Atlantis Paradise Island  
Nassau, The Bahamas

In today's complex wellness environment, it can be challenging to gauge the impact your plans have on the health of your plan members and your community. Gain insights into new prescription drug effectiveness and explore how innovative plan design can improve the value of your benefits. With sessions on women's health, the role of preventive health to manage chronic conditions, and mental health and substance abuse, this program is designed to equip you with the data, strategies and actions needed to impact your plans and your community.

## **Who Should Attend**

Trustees, administrators and staff who represent group benefit and health care plans in the Canadian corporate, multi-employer and public sectors. This conference would be of interest to any individual, including our U.S. counterparts, with an interest in wellness topics.

## **Benefits of Attending**

- Learn firsthand about the latest trends in health and wellness that could impact your plan design.
- Find out how others have successfully introduced wellness initiatives to their members.
- Discover ways to motivate plan participants to share the responsibility for their own health.
- Network with peers and industry leaders who have faced the issues you have and learn what worked for them.
- Get inspired to improve employee engagement and produce positive outcomes for plan members.
- Explore practical applications that can be applied right away for health and wellness in the workplace and beyond.



# Preconference Workshop

## The Nature of Wellness™: Step Outside for a Healthier Inside

**Sunday, February 22**

8:30 a.m.-12:30 p.m. *(includes breakfast)*

Throughout history, cultures around the world have turned to nature as a source for increased health and well-being. The natural world was our first teacher, our first physician, our first health and wellness coach, our first social gathering place and our first spiritual leader. A growing body of evidence, across various fields of study, indicates that increased exposure to natural environments is associated with improvements in multiple dimensions of wellness. This workshop (a blend of indoor and outdoor experiences) will address many of the different health benefits, current research and practical interactions with the natural world.



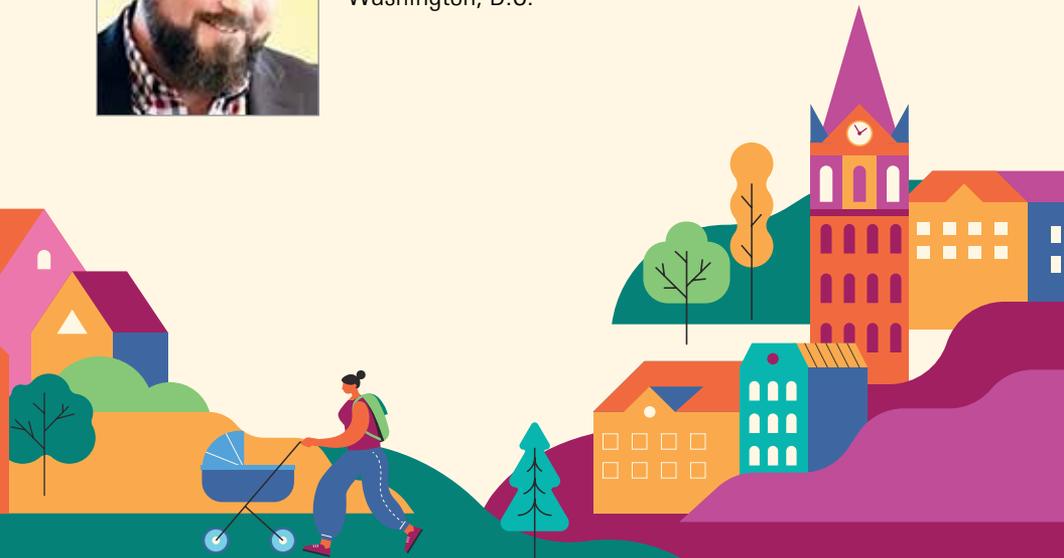
*Workshop Leader:*

**Mark A. Campbell, Ph.D., CWP, NBC-HWC**

Chief Performance Officer and Podcast Host

Campbell Performance

Washington, D.C.



# PROGRAM SCHEDULE

(All times are listed in ET.)

## SUNDAY, February 22, 2026

7:30-8:30 a.m.

### **Preconference Registration and Breakfast**

8:30 a.m.-12:30 p.m.

### **Preconference Workshop— The Nature of Wellness™: Step Outside for a Healthier Inside**

3:00-5:00 p.m.

### **Registration and Information**

## MONDAY, February 23, 2026

7:30 a.m.-4:00 p.m.

### **Registration and Information**

7:30-8:30 a.m.

### **Breakfast**

8:30-9:30 a.m.

### **Keynote—Performing Well: Lessons on Living, Leading and Creating Lasting Change**

As part of this keynote session, attendees can expect to explore operational concepts from performance psychology and wellness to performing at a higher level in multiple areas of life, including lessons learned from elite-level performers across multiple fields. Acquire an understanding of a variety of practices to enhance holistic health and well-being, including self-care, resilience, mindfulness and nature therapy. Discover tangible tools and tips for incorporating session concepts into personal and professional settings.

*Speaker:* **Mark A. Campbell, Ph.D., CWP, NBC-HWC**, Campbell Performance

## **MONDAY, February 23, 2026** *(continued)*

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9:45-11:00 a.m.

### **The Best Treatment Options for Mental Health Recovery**

This session presents the evidence-based psychological and pharmacological interventions for a range of mental health problems. We will discuss treatments for depression, anxiety, sleep disorders, posttraumatic stress and substance use, as well as provide benefits advisors with information about getting the best results for members while managing treatment costs.

11:15 a.m.-12:15 p.m.

### **Generals in Tents**

“Generals in Tents” is about two people learning to navigate mental health—sometimes as soldiers in the same battle, sometimes as generals commanding chaos from inside their own minds. Join us to hear a love story about laughter, patience, tears and leading with generous intent—which Tazz famously misheard as generals in tents. It’s not about fixing each other. It’s about understanding each other—even when it’s messy, loud and funny.

*Speakers:* **Lisa (Lala) Lalonde**, Mental Health Advocate

**Big Daddy Tazz**, Comedian, Children’s Champion and Mental Health Advocate

12:15-1:15 p.m.

### **Lunch** *(provided)*

1:15-2:15 p.m.

### **Fraud Trends: AI and Cyber-/Wire Fraud**

As advances in AI lead to new fraud schemes, organizations need to find ways to improve their fraud detection odds by understanding how and why it occurs and rethinking their practices to tackle it. This session will examine some of the opportunities that allow fraud to occur, the motivation and rationalization for committing it, and how best to position your organization to mitigate it, with a focus on AI and wire fraud.

2:30-2:45 p.m.

### **Mindfulness**

This brief mindfulness session invites participants to gently pause, breathe and reconnect with themselves. Through simple guided practices, attendees will deepen their sense of presence, clarity and inner grounding.

## **MONDAY, February 23, 2026** *(continued)*

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2:45-4:00 p.m.

### **Empowering Women's Health**

This session explores the unique health needs of women, focusing on key life stages, preventive care, and the broader impact of social and workplace environments on health outcomes. Attendees will gain insights into promoting wellness, addressing disparities and empowering women to take control of their health journeys.

## **TUESDAY, February 24, 2026**

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7:30 a.m.-4:00 p.m.

### **Registration and Information**

7:30-8:30 a.m.

### **Breakfast**

8:30-9:30 a.m.

### **Preventive Health Care: Managing Diabetes and Hypertension**

Learn preventive strategies for two of the most prevalent and costly chronic conditions impacting plan participants: diabetes and hypertension. How can plans utilize the latest trends, data and evidence-based interventions to reduce the incidence, severity and long-term costs associated with these conditions?

9:45-10:45 a.m.

### **The Effectiveness of New Prescription Drugs**

Explore the latest in prescription drug therapies, their role in managing chronic conditions, and improving patient outcomes and disease management. Topics include:

- GPL-1 therapies
- Cost effectiveness and long-term savings via reducing health care utilization
- Actionable recommendations for improving care
- Implications for trustees.

**TUESDAY, February 24, 2026** *(continued)*

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11:00 a.m.-12:15 p.m.

**The Latest Trends in Plan Design**

Trustees and plan sponsors monitor and measure emerging trends to deliver innovative benefits that address equity, inclusivity and personalization. Learn more about voluntary benefits, gender-affirming care and data-driven strategies that will improve your plan and your beneficiaries' experience.

12:15-1:15 p.m.

**Lunch** *(provided)*

1:15-2:30 p.m.

**A 360° Conversation on Healing, Hope and Innovation**

Join a dynamic panel of experts as they explore the complex landscape of substance use disorder. Through personal insights, clinical experience and evidence-based strategies, this discussion will:

- Challenge stigma
- Highlight innovative approaches to prevention and recovery
- Offer practical tools for creating healthier communities and lasting change.

2:45-3:00 p.m.

**Movement**

In this movement session, learn how anyone, at any fitness level, can build simple moments of movement into their day to boost mood, focus and overall health. Walk away with practical ideas you can use right away and a renewed commitment to *Move like it matters. Because it does!*

3:00-4:00 p.m.

**Mental Health and Substance Abuse:  
Being a Leader in Your Organization**

Hear from leading mental health and substance abuse specialists and advocates about how you can be a leader in your organization to create a supportive environment and positively influence behavioural change.

## WEDNESDAY, February 25, 2026

7:30 a.m.-12:00 noon

### Registration and Information

7:30-8:30 a.m.

### Breakfast

8:30-9:30 a.m.

### Medical Cannabis and Benefit Plans After Recreational Legalization

This session will address:

- Uptake of medical cannabis coverage by plans
- Approaches used in covering medical cannabis
- Medical cannabis industry and the impacts on benefit plans
- Challenges in providing coverage and countermeasures
- Future of coverage for benefit plans.

9:45-10:45 a.m.

### Global Perspectives on Employer-Provided Benefits and Wellness Innovations

Learn best practices across different cultural and regulatory environments and local health care systems. Examine key trends in AI, mental health, telemedicine, and prevention and wellness models in the workplace. Transform your wellness initiatives with an understanding of the global landscape.

11:00 a.m.-12:00 noon

### Key Lessons for Health and Welfare Plans

This session will highlight and recap the previous conference sessions. How can you use what you learned to impact your plans? Identify key takeaways from the conference and discuss next steps for implementation.

Register online at [www.ifebp.org/chwi](http://www.ifebp.org/chwi).

# Hotel Information

## The Royal at Atlantis Paradise Island Nassau, The Bahamas

**Reservation Deadline:** January 19, 2026

**Rates:** US\$339 single/double occupancy

**Taxes and Fees (subject to change):**

10% VAT

11% PITDA

US\$8 per person one-time bellman fee

US\$3 per person per night lifeguard/beach attendant

US\$7 per person per night housekeeping (fees applied to those age 12 and over)

**Resort Fee:** US\$18 per night per room plus 10% VAT

**Hotel Accommodations:** You will be charged a C\$600 deposit upon registration. Please specify your hotel requirements on the registration form.

**Hotel Cancellation Policy:** Cancellations within 72 hours of the scheduled arrival date will incur a cancellation fee equal to the entire stay of the reservation booked.

For additional hotel information, visit our Hotel/Travel tab at [www.ifebp.org/chwi](http://www.ifebp.org/chwi).

*\*Note: Hotel room availability is not guaranteed outside of scheduled program dates.*



## Hotel Details

Revel in gorgeous views of The Bahamas and thoughtful service at The Royal at Atlantis Paradise Island. This resort boasts well-appointed rooms and suites that provide easy access to many attractions. The chic hotel rooms feature luxury bedding, flat-panel TVs, and plenty of space for you to relax and recharge. Fuel up at one of the resort's many restaurants, highlighting local Bahamian flavours, celebrity chefs and casual meals. Spend an afternoon at Mandara Spa for exotic spa treatments, golf the fairway at Ocean Club Golf Course or experience world-class luxury shopping at Crystal Court Shoppes. Make your island visit a legendary one at The Royal at Atlantis Paradise Island.

# Location

## **We look forward to seeing you in Nassau, The Bahamas!**

Nassau is nestled on the island of New Providence. Relax on the world-famous Cable Beach, explore the historic streets of downtown and discover a rich heritage that blends colonial charm with island flair. The city is a vibrant tapestry of culture, from the pastel-coloured colonial buildings of Parliament Square to the rhythmic energy of the Junkanoo festival. Browse the bustling stalls of the Straw Market for handcrafted souvenirs, tour the National Art Gallery of The Bahamas or step back in time at the Pirates of Nassau Museum. From diving in the crystal-clear waters to exploring the lush Ardastra Gardens & Wildlife Conservation Centre, Nassau offers a playground of possibilities to seek excitement and unparalleled leisure.

**Register online at [www.ifebp.org/chwi](http://www.ifebp.org/chwi).**

# Sponsorship Opportunities

Show your support for the educational mission of the International Foundation and gain valuable exposure for your organization by becoming a sponsor of the Canadian Health and Wellness Innovations Conference. Service providers will network and grow their business with trustees and administrators who are making decisions for their group benefit and health care plans in the Canadian corporate, multi-employer and public sectors.

Conference sponsorships include your company logo on the conference webpage and preconference promotional emails as well as on eye-catching on-site conference signage, a company listing in the mobile app, an option to display company brochures in our Sponsor Resource Area, a free six-month-long listing in our Service Provider Directory accessed on our website home page and more!

Learn more at [www.ifebp.org/sponsorships](http://www.ifebp.org/sponsorships).



**For more information** or to discuss how you can maximize your participation as a sponsor, contact Diane Mahler, Manager, Business Development and Industry Engagement, at [dianem@ifebp.org](mailto:dianem@ifebp.org) or (262) 373-7656.



# Upcoming Conferences

## 36th Annual Art & Science of Health Promotion Conference

Intensive Training Seminars: March 24, 2026  
March 25-27, 2026

The Broadmoor  
Colorado Springs, Colorado

[www.ifebp.org/healthpromotionconference](http://www.ifebp.org/healthpromotionconference)

The Art & Science of Health Promotion Conference narrows the gap between research and practice by facilitating dialogue and engendering meaningful collaborations between practitioners and scientists from corporate, clinical, educational policy and entrepreneurial spheres.

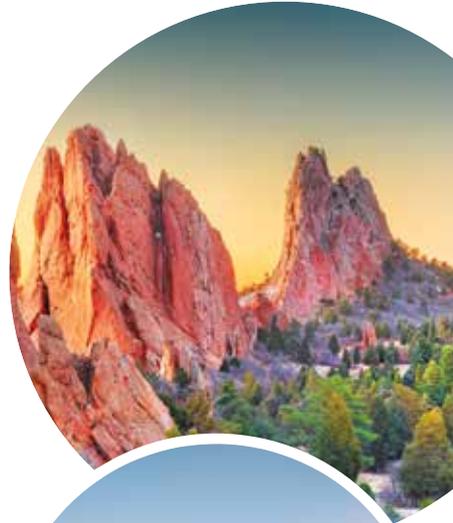
## Annual Wellness Summit

Preconference: July 27, 2026  
July 28-30, 2026

Grand Hyatt Nashville  
Nashville, Tennessee

[www.ifebp.org/annual-wellness-summit](http://www.ifebp.org/annual-wellness-summit)

You'll walk away from the 2026 Annual Wellness Summit with new strategies, connections and resources needed to advance well-being for yourself, your workplace and your community. Focused on bringing the latest wellness trends and practices to the forefront, this conference has inspirational keynote sessions from industry experts, breakout sessions with solutions you can implement right away, and activity sessions that prepare the mind and body for optimal learning.



These programs are brought to you by the Wellness Alliance.

## Online Toolkits

### Workplace Mental Health

[www.ifebp.org/mentalhealth](http://www.ifebp.org/mentalhealth)

### Workplace Wellness

[www.ifebp.org/wellness](http://www.ifebp.org/wellness)

# Plan Ahead



## JANUARY 2026

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- 12-14 Institute for Apprenticeship, Training and Education Programs  
Preconference: January 11, 2026  
Virtual option available  
*San Juan, Puerto Rico*  
[www.ifebp.org/apprenticeshipinstitute](http://www.ifebp.org/apprenticeshipinstitute)



## MAY 2026

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- 4-5 Foundations of Trust Management Standards (FTMS®)  
*Toronto, Ontario*  
[www.ifebp.org/ftms](http://www.ifebp.org/ftms)
- 4-5 Advanced Trust Management Standards (ATMS®) Sessions A and B  
*Toronto, Ontario*  
[www.ifebp.org/atms](http://www.ifebp.org/atms)
- 6-7 Master of Trust Management Standards (MTMS®) Sessions A and B  
*Toronto, Ontario*  
[www.ifebp.org/mtms](http://www.ifebp.org/mtms)
- 7 Séminaire sur la gestion des caisses de retraite  
*Montréal, Québec*  
[fr.ifebp.ca/seminaire](http://fr.ifebp.ca/seminaire)
- 11-14 Portfolio Concepts and Management  
*Philadelphia, Pennsylvania*  
[www.ifebp.org/portfolio](http://www.ifebp.org/portfolio)

## 59<sup>TH</sup> ANNUAL CANADIAN EMPLOYEE BENEFITS CONFERENCE

August 30-September 2, 2026 | Halifax, Nova Scotia

[www.ifebp.org/canannual26](http://www.ifebp.org/canannual26)

## REGISTRATION

Register today at [www.ifebp.org/chwi](http://www.ifebp.org/chwi).

### CONFERENCE REGISTRATION FEES

Through January 12, 2026	Member: C\$2,125   Nonmember: C\$2,455
After January 12, 2026	Member: C\$2,425   Nonmember: C\$2,755

***Save C\$300 when you register before January 12!***

### PRECONFERENCE REGISTRATION FEES

Through January 12, 2026	Member: C\$660   Nonmember: C\$770
After January 12, 2026	Member: C\$810   Nonmember: C\$920

***Separate registration for the preconference is required.***

## MAIN CONFERENCE REGISTRATION INCLUDES

Breakfasts | Lunches | Beverage Breaks

## POLICIES

Cancel and transfer fees are based on registration fee paid: 60+ days before meeting is 10%; 31-59 days before meeting is 25%; within 30 days of meeting is 50%. Registration fee is forfeited once program commences. For details and the current policy, see [www.ifebp.org/policies](http://www.ifebp.org/policies).

## CONTINUING EDUCATION CREDIT

Continuing education (CE) credit for professions and designations MAY be available for attendance at live sessions. You must request CE credit on your program registration at least 60 days prior to the beginning of the program so that the Foundation can seek preapproval from the governing agency. More information is available at [www.ifebp.org/ce](http://www.ifebp.org/ce).

Note: Requests made for CE credit do not guarantee administration of credit. For further information on CE credit, please call (262) 786-6710, option 2, or email [continuinged@ifebp.org](mailto:continuinged@ifebp.org).



Educational sessions at this program can qualify for self-reported CEBS® Compliance credit. Visit [www.cebs.org/compliance](http://www.cebs.org/compliance) for additional information.



# Canadian Health & Wellness Innovations Conference

February 23-25, 2026  
Nassau, The Bahamas

Register online at [www.ifebp.org/chwi](http://www.ifebp.org/chwi)  
by January 12 to save C\$300!

## Sessions Include:

- Performing Well: Lessons on Living, Leading and Creating Lasting Change
- The Best Treatment Options for Mental Health Recovery
- Fraud Trends: AI and Cyber-Wire Fraud
- Empowering Women's Health
- A 360° Conversation on Healing, Hope and Innovation
- Mental Health and Substance Abuse: Being a Leader in Your Organization
- Medical Cannabis and Benefit Plans After Recreational Legalization

Visit [www.ifebp.org/chwi](http://www.ifebp.org/chwi) to register,  
or call (833) 886-3749 for more information.