



2026 PHYSICIAN WELLNESS RETREAT

# KNOW BEFORE YOU GO

KANANASKIS, ALBERTA  
MAY 21-24, 2026

The Canadian Medical Association, MD Financial Management and Scotiabank together proudly support the CFPC Physician Wellness Retreat, one of several initiatives that comprise their \$115 million commitment to supporting the medical profession and advancing health in Canada.



# Know Before You Go

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## DOWNLOAD THE NEW APP – *Retreat in your pocket!*

1. Visit [my.yapp.us/PWR2026](http://my.yapp.us/PWR2026) on your device and follow the instructions on the page
2. You'll be asked to install Yapp from the app store (if you don't have it already)
3. Open Yapp and tap "Add an existing Yapp"
4. Private App – enter your email
5. NEED NEW INSTRUCTIONS (hoping to make it so its public)

## GETTING HERE – *Road trip ready!*

### *Shuttle*

- Must be pre-reserved in advance
- **Important:** Pick up is on **DEPARTURE LEVEL – DOOR 13 (near the Marriott entrance)**
- **There is no pickup on the ARRIVAL level.** You must go up one level to DEPARTURES
- The bus will be clearly marked AMPM Limo on the outside

### *Taxi and Car Service*

- **From the Airport to Kananaskis:** Available at Calgary Airport Arrivals Level. Taxi stands located at Doors 1, 9 and 15.
- **From Kananaskis to the Airport:** Arrange directly with a local taxi company or via the hotel concierge at least two hours before departure, best to arrange the night before.

### *Driving*

- Mandatory Conservation Pass required to drive in Kananaskis, more details [here](#)
- Various parking options available upon arrival onsite, more details [here](#)

## ATTIRE & ESSENTIALS - *Mountain Smart, Retreat Ready*

### *Overview*

Think comfortable, relaxed, and a little bit fabulous. The vibe is sporty casual by day, cozy-chic by night. Whatever makes you confident, comfortable, ready to learn, recharge, and connect.

*Daytime:* Feel free to bust out your best athleisure, Lululemon, Adidas, Patagonia, North Face, or your favourite “I could hike, stretch, or grab a latte” outfit.

*Evening:* Think casual night out with friends, jeans and a nice top, or dress it up a bit. Add sparkle, a statement necklace, or a bold watch if the mood strikes. Have fun, feel confident, and show your personal flair.

### *Wellness Activities:*

- Exercise & Fitness Classes: Athletic wear and supportive shoes

- Canoeing, Hiking, Biking, Horseback: Layers, proper footwear, rain gear, hat, sunscreen, sunglasses (hint: skip white pants!)
- Art Classes: Something you don't mind getting a little messy
- Nordic Spa: Swimsuit, flip-flops, hat, sunscreen
- Extras for all activities: reusable water bottle, hiking stick if you're fancy

## DISCOVER KANANASKIS – *Adventure Awaits!*

### *Explore the area*

Kananaskis.com brings you local and up-to-date knowledge about activities, lodging and services in Kananaskis Country and surrounding communities, including Bragg Creek, Canmore, Banff & Lake Louise. [www.kananaskis.com](http://www.kananaskis.com)

### *Kananaskis Nordic Spa*

Step into a world of calm at **Kananaskis Nordic Spa**, where the beauty of nature meets the ultimate wellness retreat. Let the warm hydrotherapy pools melt away stress as you breathe in the fresh mountain air, surrounded by serene landscapes that feel almost magical. This is your escape, a chance to restore your body, refresh your mind, and reconnect with yourself.

Book your visit: <https://knordicspa.com/>

**Booking Code: SAESBBQ1**

*\*\*The booking code applies only to hydrotherapy access and cannot be used for treatments. Select the discounted rate labelled SARIAH MAYZES*

<p> Full Day Access ( 1  )</p> <p>REGULAR: \$145.00</p> <p>SARIAH MAYZES: \$123.25</p>	<p>5:00 PM - 9:00 PM ( 1  )</p> <p>REGULAR: \$139.00</p> <p>SARIAH MAYZES: \$118.15</p>
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## FAMILY FRIENDLY ADVENTURES – *Things to do with the kiddos*

To maintain a focused, distraction-free environment, PWR sessions are for registered attendees and their adult guests only. Children under 13 are not permitted in session rooms.

- The Lodge offers family-friendly activities see the [Family Activity Guide](#) for details
- Onsite childcare can be arranged online at [Heritage Nanny](#) or by phone: (587) 355-7800
- The resort offers [family-friendly dining options](#) for guests with children

## WILDLIFE SAFETY – *Be Bear Aware!*

### *Wildlife Safety Information*

Your safety is important to us. If you plan to spend time outdoors, please take a few minutes to review wildlife safety guidelines provided by Alberta Parks. Being informed and prepared helps reduce wildlife encounters and keeps both people and animals safe. Always follow posted advisories and practice responsible behavior. Find important safety information [here](#).

### *Bear Safety – Spring Season*

Spring is a high-activity season for bears as they emerge from hibernation and search for food. During this time, it is especially important to be alert, prepared, and aware of your surroundings when outdoors. We strongly encourage you to review these helpful resources.

- [Be Bear Smart](#) guidelines
- [BearSmart](#) pamphlet
- [Alberta BearSmart](#) program

## HELPFUL LINKS – *Tap into more info*

- Official CFPC Physician Wellness Retreat webpage: <http://www.cfpc.ca/pwretreat>
- More Physician Wellness+ Initiatives visit: <http://www.cfpc.ca/en/physicianwellness>
- Please reach out to [pwretreat@cfpc.ca](mailto:pwretreat@cfpc.ca) with any inquiries