

Table of Contents:

<i>Diabetes Education</i>	Page 2-5
<i>Heart and Stroke</i>	Page 5
<i>Healthy Eating</i>	Page 6-9
<i>Mobile Wellness</i>	Page 10
<i>Mental Wellbeing</i>	Page 10
<i>Get Better Together!</i>	Page 11
<i>Physical Activity</i>	Page 12-14
<i>Tobacco Reduction and Cessation</i>	Page 15
<i>F.A.N. Club (Fitness and Nutrition)</i>	Page 16
<i>Community Partner Events</i>	Page 17

Diabetes Self Management Program:

Have you recently been diagnosed with pre-diabetes or diabetes? Are you unsure of what diabetes is? The Interlake-Eastern Community Wellness Team is here to help you. This program consists of two or three classes; explaining what diabetes is, how to control blood sugars, what to eat with diabetes and how to read food labels, treatments for diabetes, how to stay healthy from your eyes to your toes, how to manage cholesterol and blood pressure and how to make healthy lifestyle choices.

**Arborg:**

Date: Thurs. Mar. 3rd (Class One) and Thurs. Mar. 17th (Class Two)

Time: 10:00 am to 12:00 pm

Location: Arborg Hospital Boardroom

Ashern:

Date: Thurs. Mar. 3rd (Class One) and Thurs. Mar. 17th (Class Two)

Time: 10:00 am to 12:00 pm

Location: Ashern Hospital Boardroom

Beausejour:

Date: Mon. Feb. 1st (Class One) Mon. Feb. 8th (Class Two) and Mon. Feb. 22nd (Class Three)

Time: 10:00 am to 12:00 pm

Location: Beausejour Primary Health Care Centre MPR

Eriksdale:

Date: Wed. Mar. 2nd (Class One) and Wed. Mar. 16th (Class Two)

Time: 10:00 am to 12:00 pm

Location: Eriksdale Wellness Centre

Fairford:

Date: Thurs. Jan. 7th (Class One) and Thurs. May 12th (Class Two)

Time: 1:00 pm to 3:00 pm

Location: Fairford ACFS Office

Gimli:

Date: Tues. Jan. 12th (Class One) and Tues. Jan. 19th (Class Two)

Time: 9:30 am to 11:30 am

Location: Gimli Health Centre MPR

Hodgson:

Date: Wed. Mar. 9th (Class One) and Wed. Mar. 23rd (Class Two)

Time: 1:00 pm to 3:00 pm

Location: Percy Moore Hospital Boardroom

Oakbank:

1.Date: Fri. Jan. 29th (Class One)

Time: 9:00 am

Location: Kin Place MPR

2.Date: Fri. Mar. 4th (Class One)

Time: 9:00 am

Location: Kin Place MPR

For information regarding programs and events please contact:

wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)



Peguis:

Date: Wed. May 4th (Class One) and Wed.
May 18th (Class Two)
Time: 1:00 pm to 3:00 pm
Location: Peguis Health Centre Boardroom

Selkirk:

1.Date: Tues. Jan. 5th (Class One) and Tues.
Jan. 12th (Class Two)
Time: 9:30 am to 11:30 am
Location: 2nd Floor – 237 Manitoba Ave.

2.Date: Tues. Feb. 9th (Class One) and Tues.
Feb. 16th (Class Two)
Time: 9:30 am to 11:30 am
Location: 2nd Floor – 237 Manitoba Ave.

St. Laurent:

Date: Wed. Mar 2nd (Class One) and Wed.
Mar. 16th (Class Two)
Time: 10:00 am to 12:00 pm
Location: St. Laurent Health Centre
Boardroom

Stonewall:

Date: Thurs. Jan. 7th (Class One) and Thurs.
Jan. 14th (Class Two)
Time: 9:30 am to 11:30 am
Location: Stonewall Health Centre MPR

Teulon:

Date: TBA – Call for details
Time: TBA
Location: TBA

***For information regarding programs and events please contact:
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)***



[Diabetes and Heart Health Drop In:](#)

Get up to date information from a nurse and dietitian on managing diabetes and reducing risks for complications? These drop in sessions are **FREE**.

- **Beausejour**

HEW Primary Health Centre
Last Friday of the Month
10:30 p.m. – 12:00 p.m.

- Jan. 29th
- Feb. 26th
- No session in March
- April 29th

- **Lac du Bonnet**

Health Centre Classroom
Last Monday of the Month
10:00 a.m. – 11:10 a.m.

- Jan. 25th
- Feb. 29th
- March 21st (please note the date change this month)
- Apr. 25th

- **Pinefalls**

Health Complex Multipurpose Room
Second Monday of the Month

- Jan. 11th at 6:00 pm
- Feb. 8th at 6:00 pm
- Mar. 14th at 2:00 pm
- Apr. 11th at 2:00 pm

- **Pinawa**

Hospital Boardroom
Last Tuesday of the Month
10:00 a.m. – 11:00 a.m.

- Jan. 26th
- Feb. 23rd
- Mar. 29th
- Apr. 26th

- **Victoria Beach**

Seniors Scene, 3 Ateah Rd.
Last Monday of the Month
2:00 pm to 3:00 pm

- Jan. 25th
- Feb. 29th
- Apr. 25th

- Nov. 24th **Whitemouth**

Whitemouth District Health Centre
Meeting Room
Third Wednesday of the Month
10:00 a.m. – 11:00 a.m.

- Jan. 20th
- Feb. 17th
- Mar. 16th
- Apr. 20th

Please note that a Chronic Disease Nurse and Registered Dietitian are available every Wednesday at the Whitemouth District Health Centre.

Please call 204-348-4620 for an appointment



*For information regarding programs and events please contact:
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)*



[Diabetes Solutions with a Nurse Educator:](#)

Want to learn about new medications and technologies for diabetes management? Do you have unanswered questions or just unsure of how to keep your diabetes under control? Come join a Diabetes Troubleshooting Nurse Education Session

[Gimli:](#)

Date: Tues. Jan. 26th
Time: 9:30 am to 11:30 am
Location: Gimli Health Centre MPR

[Stonewall:](#)

Date: Thurs. Jan. 28th
Time: 9:30 am to 11:30 am
Location: Stonewall Health Centre MPR

[Selkirk:](#)

Date: Tues. Jan. 19th
Time: 9:30 am to 11:30 am
Location: 237 Manitoba Ave., Primary Care Boardroom – 2nd Floor

[Teulon:](#)

Date: TBA Call for details
Time: TBA
Location: TBA

[Beating... Heart Disease and Stroke:](#)

Knowing the warning signs of heart attack and stroke can help save a life. Knowing your risk factors can help you identify what lifestyle changes you need to make:

- Eating for Heart Health
- Mental Wellness and Stress Reduction

[Beausejour:](#)

Dates: Wed. Feb. 24th
Wed. Mar. 2nd
Time: 6:30 pm to 8:30 pm
Location: Beausejour HEW Primary Care Health Centre
Registration Deadline: Feb. 22nd



For information regarding programs and events please contact:
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)



[Eating for Health Education Session:](#)

Want to learn about healthy eating in general? Looking for Nutrition tips, weight loss tips, or disease specific guidance? Then this is the class for you! You will be guided through lifestyle changes to help you improve cholesterol, and blood pressure. Learn about fat, fibre, sodium and eating habits to become a healthier you. Make sense of food labels and how your choices will affect your family's health and yours.



[Gimli:](#)

Date: Tues. Feb. 2nd
Time: 9:30 am to 11:30 am
Location: Gimli Health Centre MPR

[Selkirk:](#)

~~**1.Date:** Tues. Jan. 26th
Time: 9:30 am to 11:30 am
Location: 2nd Floor – 237 Manitoba Ave.~~ **Class Full**

2.Date: Fri. Feb. 5th
Time: 9:30 am to 11:30 am
Location: 2nd Floor – 237 Manitoba Ave.

3.Date: Tues. Mar. 1st
Time: 9:30 am to 11:30 am
Location: 2nd Floor – 237 Manitoba Ave.

[St. Georges:](#)

Date: Wed. Apr. 6th
Time: 5:30 pm to 7:30 pm
Location: Allard Library

[Stonewall:](#)

Date: Thurs. Feb. 4th
Time: 9:30 am to 11:30 am
Location: Stonewall Health Centre MPR

[Teulon:](#)

Date: TBA – Call for details

*For information regarding programs and events please contact:
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)*



Eating for Heart Health Education Session :

Love your Heart! Learn about dietary changes to help you improve your blood pressure and cholesterol, medications to protect your heart, activity and stress management, and monitoring your blood pressure at home.



Arborg:

Date: Thurs. Feb. 4th
Time: 10:00 am to 12:00 pm
Location: Arborg Hospital Boardroom

Ashern:

Date: Thurs. Feb. 4th
Time: 10:00 am to 12:00 pm
Location: Ashern Hospital Boardroom

Eriksdale:

1.Date: Wed. Feb. 10th
Time: 10:00 am to 12:00 pm
Location: Eriksdale Wellness Centre

2.Date: Wed. May 11th
Time: 10:00 am to 12:00 pm
Location: Eriksdale Wellness Centre

Fairford:

Date: Tues. Apr. 5th
Time: 1:00 pm to 3:00 pm
Location: Fairford ACFS Office

Hodgson:

Date: Wed. Apr. 20th
Time: 10:00 am to 12:00 pm
Location: Percy Moore Hospital Boardroom

Peguis:

Date: Wed. Feb. 3rd
Time: 1:00 pm to 3:00 pm
Location: Peguis Health Centre Boardroom

St. Laurent:

1.Date: Wed. Feb. 10th
Time: 10:00 am to 12:00 pm
Location: St. Laurent Health Centre Boardroom

2.Date: Wed. May 11th
Time: 10:00 am to 12:00 pm
Location: St. Laurent Health Centre Boardroom

***For information regarding programs and events please contact:
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)***



Craving Change:

A how-to workshop for changing relationships with food. Change your thinking, change your eating. Are you craving change in your eating habits? Want to kick a bad habit? Do you struggle with your eating and want to learn how you can create a healthier you? Then this **FREE program** is the class for you!

To register or to get on a wait list for a program near you please email wellness@ierha.ca or call toll free 1-877-979-WELL (9355).



Arborg:

Dates: Tuesdays, Jan. 12th, 19th, 26th
Time: 7:00 pm to 9:00 pm
Location: Arborg Hospital Boardroom

Ashern:

Dates: Mondays, Jan. 25th, Feb. 1st, 8th
Time: 5:30 pm to 7:30 pm
Location: Ashern Hospital Boardroom

Beausejour:

Dates: Thursdays, Apr. 14th, 21st, 28th
Time: 6:30 pm to 8:30 pm
Location: Beausejour HEW Primary Care Health Centre
Registration Deadline: April 11th

Hodgson:

Dates: Wednesdays, Apr. 13th, 20th, 27th
Time: 1:00 pm to 3:00 pm
Location: Percy Moore Hospital Boardroom

Hollow Water:

Dates: Wednesdays, Feb. 24th, Mar. 2nd, 9th
Time: 1:00 pm to 3:30 pm
Location: Adam Hardisty Health Centre
Registration Deadline: Feb. 19th

Oakbank:

Dates: Thursdays, Mar. 3rd, 10th, 17th
Time: 1:00 pm to 3:00 pm
Location: Kin Place Primary Care Centre MPR
Registration Deadline: Feb. 26th

St. Georges:

Dates: Thursdays, May 12th, 19th, 26th
Time: 6:00 pm to 8:30 pm
Location: Allard Library
Registration Deadline: May 5th

Victoria Beach:

Dates: Mondays, Jan. 4th, 11th, 18th
Time: 1:00 pm to 3:30 pm
Location: East Beaches Resource Centre, 3 Ateah Rd.

For information regarding programs and events please contact:
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)



Label Reading and Menu Planning:

Ever wonder what the number and percentages are on your food packages? Having trouble planning meals? Come to our label reading and menu planning class!



Arborg:

Dates: Thurs. Apr. 14th
Time: 1:00 pm to 3:00 pm
Location: Arborg Community Health Office

Peguis:

Dates: Wed. Apr. 6th
Time: 1:00 pm to 3:00 pm
Location: Peguis Health Centre Boardroom

Ashern:

Dates: Thurs. Jan. 14th
Time: 10:00 am to 12:00 pm
Location: Ashern Hospital Boardroom

Riverton:

Dates: Thurs. Feb. 18th
Time: 4:00 pm to 6:00 pm
Location: Riverton Clinic Boardroom

Fisher Branch:

Dates: Tues. Mar. 22nd
Time: 1:00 pm to 3:00 pm
Location: Fisher Branch Clinic Boardroom

St. Laurent:

Dates: Tues. Jan. 19th
Time: 10:00 am to 12:00 pm
Location: St. Laurent Boardroom

Eriksdale:

Dates: Wed. May 25th
Time: 10:00 am to 12:00 pm
Location: Eriksdale Wellness Centre Boardroom

Adult Cooking Class: Yes, You can CAN!

This home canning workshop will include a demonstration, hands-on experience and a take home sample to enjoy later!



Anola:

Dates: Monday, May 2nd
Time: 6:30 pm to 8:30 pm
Location: Anola Community Centre
Cost: \$15.00 per person

For more Healthy Eating Opportunities please see the Community Partners Events on Page 17.

For information regarding programs and events please contact:
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)



[Mobile Wellness:](#)

Mobile Wellness (MW) events are free events that bring a team of health care professionals to provide education and help you make healthy lifestyle choices. MW encourages people to be aware of the factors that affect their health and the things that they can do to improve their health. MW includes: a health check (blood pressure, blood glucose, and a lifestyle quiz); healthy displays on physical activity, nutrition, smoking and stress, healthy lifestyles presentation and a passport to record results.



Call 1-877-979-WELL (9355) or email wellness@ierha.ca for more information.

[Get a Grip on Stress:](#)

Get a Grip on Stress will provide you with some Stress-Busters; tools and methods for balancing your life, dealing with stressful people and situations, and keeping your body in stress fighting shape. This workshop series is for adults who are experiencing stress in their family, work, and personal lives.



[Oakbank:](#)

Dates: Mar. 16, 23, 30, and Apr. 6

Time: 6:30 pm to 8:30 pm

Location: Kin Place Primary Care Centre MPR

*For information regarding programs and events please contact:
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)*



[Get Better Together:](#)

Are you living with a chronic condition such as arthritis, MS, depression, asthma, chronic pain, diabetes, anxiety, cancer, fibromyalgia or heart disease? Come join Get Better Together! People with different chronic health problems attend together to deal with common issues they face and to motivate each other with solutions and techniques for:

- Dealing with frustration, pain, fatigue and isolation
- Appropriate exercises for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Maintaining appropriate nutrition
- Communicating effectively with family, friends and health professionals
- Engaging with other community resources

This **FREE six week workshop** is designed to help people with ongoing health conditions take control of their health. This program, led by others living with chronic conditions, can help you develop a plan to deal with the challenges of an ongoing health concern or disability. Bring a friend, family member, or other support person to attend with you!



[Beausejour:](#)

Dates: Mondays, Feb. 8, 22, 29, Mar. 7, 14, 21
Time: 6:00 pm to 8:30 pm
Location: Beausejour HEW Primary Care Health Centre
Registration Deadline: Feb. 3rd

[Eriksdale:](#)

Dates: Tuesdays, Feb. 9, 16, 23, Mar. 1, 8, 15
Time: 1:00 pm to 3:30 pm
Location: Eriksdale Wellness Centre

[Lac du Bonnet:](#)

Dates: Mondays, Feb. 22, 29, Mar. 7, 14, 21, Apr. 4 (No Class Mar. 28 – Easter)
Time: 1:30 pm to 4:00 pm
Location: Lac du Bonnet Health Centre
Registration Deadline: Feb. 8th

[Selkirk:](#)

Dates: Feb. 1, 9, 16, 23, Mar. 1, 9
Time: 1:00 pm to 3:30 pm
Location: 2nd Floor – 237 Manitoba Ave.

[St. Georges:](#)

Dates: Coming in January
Registration Deadline: Call for more information

[St. Laurent:](#)

Dates: Tuesdays, Apr. 19, 26, May 3, 10, 17, 24
Time: 1:30 pm to 3:30 pm
Location: St. Laurent Community Health Office Boardroom

For information regarding programs and events please contact:
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)



Take Charge of Your Health – Introduction to Physical Activity:

“Physical Activity is vital to your physical and emotional health and can bring you fun and fitness at the same time.” Leave this **FREE** class with resources to continue on your path to Wellness. You will learn:

- Where to begin
- Goal setting
- The physical activity guidelines specific to your age group
- Recommendations for developing a walking program
- Gentle stretching & strengthening exercises modified to meet your individual needs

Don't forget to wear running shoes and comfortable clothing! We'll get up and moving as we learn fitness facts!



Arborg:

Date: Tues. Feb. 2nd
Time: 10:30 am to 11:30 am
Location: Arborg House of Hope

Beausejour:

Date: Wed. Mar. 9th
Time: 1:00 pm to 4:00 pm or 5:30 pm to 8:00 pm – Afternoon and evening sessions may be available and may flexible
Location:TBD Call for details
Registration Deadline: Mar. 3rd

Eriksdale:

Date: Thurs. Jan. 21st
Time: 1:00 pm to 2:00 pm
Location: Eriksdale New Horizons Building

Gimli:

Date: Wed. Feb. 10th
Time: 9:30 am to 12:00 pm
Location: Gimli Community Health Centre MPR

Oakbank:

Date: Fri. Jan. 22nd
Time: 1:30 pm to 4:30 pm
Location:Kin Place Primary Care Centre MPR
Registration Deadline: Jan. 20th

Lac du Bonnet:

1.Date: Wed. Jan. 13th
Time: 5:30 pm to 8:30 pm
Location:Lac du Bonnet Health Centre
Registration Deadline: Jan. 11th

2.Date: Mon. Feb. 1st
Time: 1:30 pm to 4:30 pm
Location:Lac du Bonnet Health Centre
Registration Deadline: Jan. 28th

Riverton:

Date: Wed. Mar. 9th
Time: 1:00 pm to 3:00 pm
Location: Riverton Clinic Boardroom

***For information regarding programs and events please contact:
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)***



St. Laurent:

Date: Tues. Feb. 2nd

Time: 10:00 am to 12:00 pm

Location: St. Laurent Health Centre Boardroom

Registration Deadline: Jan. 29th

Whitemouth:

Date: Wed. Jan. 27th

Time: TBD - Call for details

Location: TBD

Registration Deadline: Jan. 25th

Teulon:

Date: Wed. Jan. 27th

Time: 9:30 am to 12:00 pm

Location: Teulon Hall

Winnipeg Beach

Walking (Class 1 of 2):

Date: Tuesday, Jan. 12th

Time: 1:30 pm to 2:30 pm

Location: Winnipeg Beach Legion

Selkirk:

Date: Wednesday, Jan. 13th

Time: 9:30 am to 12:00 pm

Location: Selkirk Rec Complex

Anytime/Anywhere Exercises

(Class 2 of 2):

Date: Tuesday, Jan. 19th

Time: 1:30 pm to 2:30 pm

Location: Winnipeg Beach Legion

How to Build on the Basics – Take Your Physical Activity to the Next Level!:

You will learn:

- The physical activity guidelines specific to your age group
- Why form and core strength are so important
- Intermediate body weight exercises and stretching
- Recommendations for preparing for 5K walk/jog
- How to revisit goals with improved physical activity using the FITT principle

Don't forget to wear clothing and footwear for physical activity and bring a towel or mat!



Oakbank:

Date: Mon. Feb. 8th

Time: 5:30 pm to 7:30 pm

Location: Kin Place Primary Care Centre MPR

Registration Deadline: Feb. 5th

Peguis:

Date: Wed. Feb. 24th

Time: 1:00 pm to 3:00 pm

Location: Peguis Health Centre

For information regarding programs and events please contact:

wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)



Active Living Facilitator (ALF) Leader Training:

This is an introductory training program from the Manitoba Fitness Council. Once trained, an Active Living Facilitator is able to guide active living activities in the following areas:

- Indoors or Outdoors
- Walking
- Basic Stretching & Range of Motion
- Activities of Daily Living
- Basic Body Weight Strengthening

“Learn to Lead Others in Physical Activity!”

- **Gordon Howard Senior Center, Selkirk, MB**

Date: Wednesday April 27th
Time: 9:00 a.m.
Cost: \$15.00* includes lunch and nutrition breaks
Deadline: Register by April 25th

***PLEASE MAKE CHEQUES PAYABLE TO THE INTERLAKE-EASTERN RHA** and mail them to:
Community Wellness
Interlake-Eastern RHA
Gimli Community Health Centre, Box 250, Gimli, MB, R0C 1B0
Attn: Theresa Dankochik



For information regarding programs and events please contact:
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)



[E-Cigarettes and Vaping – What you Need to Know:](#)

What are E-Cigarettes? Are they safe, legal, addicting, or an effective way to quit? Find out the latest information.

[Beausejour:](#)

Date: Thurs. Jan. 21st

Time: Lunch'n'Learn 12:15 pm to 12:45 pm

Location: Beausejour Primary Health Care
Centre MPR A

No registration required.

[Beausejour:](#)

Date: Tues. Jan. 26th

Time: 6:30 pm to 7:15 pm

Location: Beausejour Primary Health Care
Centre MPR A

Registration Deadline: Jan. 21st

[Kick the Habit – Taking a Step to Reducing and Quitting Smoking:](#)

Join Chronic Disease Nurse Carla Hlady, and Bonnie Stefansson, Wellness Facilitator to get **information on the first steps to becoming smoke free.** You can have a **FREE 45 minute appointment** to receive information on Quitting and Reducing Smoking. You can receive resources and information on programs to help you along the way.

[Beausejour:](#)

Date: Thurs. Jan. 21st

Time: 45 Minute appointments are available between 1:00 pm and 7:00 pm

Location: Beausejour Primary Health Care Centre MPR A

Registration Deadline: Jan. 18th

For information regarding programs and events please contact:
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)



F.A.N. Club:

Fitness and Nutrition Clubs. A program to activate families is coming soon to your community!

F.A.N. CLUB

Fitness & Nutrition Club
A 4-Week Program for Families



Springfield:

Date: Saturdays, March 5, 12, 19, 26

Time: 10:00 am to 12:30 pm

Location: Community Centres across the RM of Springfield

Registration Deadline: Feb. 22

**FOR MORE INFO & TO REGISTER OR
TO GET ON A WAIT LIST FOR A FAN CLUB IN YOUR
AREA:
CALL TOLL FREE 1-877-979-WELL (9355)
OR EMAIL wellness@ierha.ca**

*For information regarding programs and events please contact:
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)*



[Adult Cooking Class: Soup Sensations:](#)

Soup from scratch doesn't need to be a mystery! Soup is comfort food that can be part of your cooking routine every week.

[Beausejour:](#)

Dates: Mon. Jan. 25th

Time: 6:00 pm to 8:15 pm

Location: Edward Schreyer School

To register: Call Meagan at 204-268-9266 ext. 3 by Jan. 20th



[Adult Cooking Class: Yes, You can CAN!](#)

This home canning workshop will include a demonstration, hands-on experience and a take home sample to enjoy later!

[Beausejour:](#)

Dates: Thurs. May 5th

Time: 5:45 pm to 8:00 pm

Location: Edward Schreyer School

To register: Call Meagan at 204-268-9266 ext. 3 by May 2nd



[Cooking with Kids:](#)

Cooking with your friends is fun! Gain more independence in the kitchen! You get to cook the food and EAT the meal!

[Beausejour – Grades 3 to 5:](#)

Dates: Thurs. Jan. 28th

Time: 3:45 pm to 5:45 pm

Location: Gillis School

To register: Call Meagan at 204-268-9266 ext. 3 by Jan. 25th

[Beausejour – Grades 1 to 3:](#)

Dates: Tues. Feb. 23rd

Time: 4:00 pm to 5:30 pm

Location: Edward Schreyer School

To register: Call Meagan at 204-268-9266 ext. 3 by Feb. 18th



For information regarding programs and events please contact:
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

