



Saugeen Pow-Wow Aug. 12 & 13

**SCHEDULE OF EVENTS**

**Biking - Mondays & Wednesdays 9:30am**

**Walking - Tuesdays & Thursdays 9:30am**

**Tuesdays - AA 7pm**

**Wednesdays - Anger Management 7pm**

**Tue/Fri - Nurse Practitioner**

**Tuesdays - LifeLabs 8:30-11:30am**

**Thu/Fri - Kathy Lloyd, Counselling**

**Foot Care Nurse - Aug 9 & 23**

**Chiroprapist - Aug 10 & 31**

Wednesday, August 16

**33rd Annual Health Fair taking place at James Mason Rec Centre 10am - 2pm**

**HOPE TO SEE YOU THERE!**

**Good Food Box kicks off again in September. 2nd Thursday of every month! \$15 each or \$8 if diabetic. Contact Reni at Health Centre if you want to sign up 519-797-3792 ext. 1009**



57 Mason Dr. Phone: 519-797-3792  
RR1, Southampton ON Fax: 519-797-1328  
N0H2L0



# AUGUST



Mon	Tue	Wed	Thu	Fri
Off-Site Sweat Lodge taking place August 12th Contact Jimelda for details ext. 1016	1 Diabetic Educators	2	3 	4 Community PIG Game & BBQ 12pm at Ball Diamond Doobwatchwa 7pm
7 Closed 'Civic Holiday'	8	9 Probation Foot Care Nurse	10	11 Doobwatchwa 7pm
14 	15	16 33rd Annual Health Fair James Mason Centre 10-2	17 Youth & Family Beach Day 11am-4pm 	18 Harm Reduction Come & Go Lunch at Ontario Works 12-2pm Doobwatchwa 7pm
21	22	23 Foot Care Nurse	24 Diabetic Lunch & Learn on the Beach 10:30-1:00	25 Doobwatchwa 7pm
28 COHI 12-8PM Probation	29 Youth & Family Beach Day 11am-4pm 	30	31 	