

# Be My Valentine

## SCHEDULE OF EVENTS

Mon & Tue - RedPath 1-4pm

Mon - Anger Management 7pm

Tue - A.A. 7pm

Wed - NA/Red Path 7pm

Tue - LifeLabs 8:30-11:30am

Tue & Fri - Lynda Quesnel (Nurse Practitioner)

Wed & Thu - Julia Peart (Nurse Practitioner)

Thur & Fri - Kathy Lloyd (Counselling)

GOOD FOOD BOX - Feb 8

Estin McLeod - Traditional Healer  
Feb 14 9am-4pm - Contact SOAHAC  
for appt times 519-376-5508



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N0H2L0



# FEBRUARY



Valentine's Day  
February 14th

Mon	Tue	Wed	Thu	Fri
			1 Diabetic Massage	2 Groundhog Day 
	<u>Walking Group</u> Mondays & Thursdays 10am - Weather Permitting			
5  Red Path 1-4	6 Diabetic Educators Red Path 1-4 Wellness Workshop 5pm	7  Foot Care Nurse Men's Circle 5-8pm NA/Red Path 7pm	8 GOOD FOOD BOX	9 
12 Red Path 1-4 Parenting - Kindermusik 5-6:30pm	13 Red Path 1-4 Wellness Workshop 5pm	14  Probation Men's Circle 5-8pm NA/Red Path 7pm	15 Foot Clinic 	16 
19 'FAMILY DAY' HEALTH CENTRE CLOSED	20  Red Path 1-4 Wellness Workshop 5pm	21  Foot Care Nurse Men's Circle 5-8pm NA/Red Path 7pm	22 Anti-Human Trafficking Training 9am-4pm Call To Register	23 Anti-Human Trafficking Training 9am-1pm
26 Red Path 1-4	27 Red Path 1-4 Parenting - Essential Oils - Time TBA	28 Probation Men's Circle 5-8pm NA/Red Path 7pm		