

WEWENI BIMAADIZ

WEWENI BIMAADIZ means wellness and good health; to live well and be careful how you take care of yourself and your mental, emotional, spiritual, and physical wellbeing.



Join Nurse Karen and Dietitian Elaine

from SOAHAC for a one-day wellness retreat!

- Topics include cultivating peace, eating well, and body movement
- **FREE Wellness Bundle** including yoga mat, water bottle, tote bag, traditional medicines, pedometer and more!

Tuesday December 6th from 10:00am – 3:00 pm
at Mino Bimaadsawin Health Center

****Lunch and snacks will be provided****

SIGN UP: Call us at **519-371-1147** or **519-376-5508** to register

Or contact the CHN @519-372-6816