



MAAMWESYING
NORTH SHORE COMMUNITY HEALTH SERVICES INC.

Womens Wellness

Tuesdays in February at 5:00pm
Large Resource Room CWD



**Healthy
Living
program
for Women
18+**



Facilitated by Lisa Marie, Health Promoter, Maamwesying
and Marilyn Jones, Community Health Rep, Sagamok

- Meal provided
- Goal Setting
- Connect with others

Register with Marilyn Jones
at (705)865-2171 ext. 340
jones_marilyn@sagamok.ca



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Womens Wellness

Location:Community Wellness Department
Large Resource Room 5pm

**Tuesday February 3rd
Self-Leadership and Vision Boards**

**Tuesday February 10th
Heart Health and Drum Fit**

**Tuesday February 17th
Nutrition and Recipes in a Jar**

**Tuesday February 24th
Stress Management and Spa Night**

Facilitated by Lisa Marie, Health Promoter, Maamwesying
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