

Make a Change for Better Health & Wellness Workshop

Friday May 29, 2026 from 10:00am-2pm
**Bring your own lunch or help yourself
to snacks provided.**

- Learn ways (strategies) to help you achieve your personal health and wellness goals.
- Learn about making healthy good choices and ways to include regular physical activity in your life.
- Learn to put your plan in place and follow it for life.



**161 Bridge Street West,
Unit One**

**For more information or to register,
please call 613-962-0000, ext. 217.**

