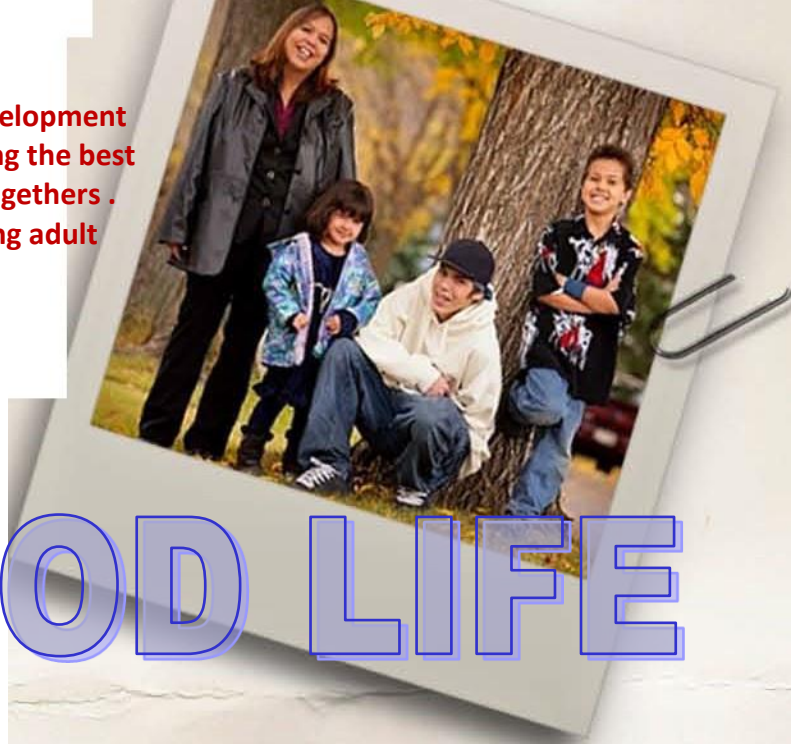


Stó:ló Nation Aboriginal Supported Child and Infant Development present The Good Life, a wellness group focused on being the best you can be. Everyone is welcome to this series of get-togethers. Status or Non-Status, aboriginal or non- aboriginal, young adult or elder, men or women, parents or non-parents!

Childminding is **NOT** available during the make and take sessions.



THE GOOD LIFE

MAKE AND TAKE

what can you expect in **The Good Life?**

March 6th: Cooking for Diabetes

March 13th: Natural Medicines with Joy- Making Lip Gloss

March 20th: Road Map to Wellness

March 27th: Herb Garden Planting

Registration is required and limited to 10 participants. You can register for one session or all sessions. Register early to avoid disappointment. All sessions are held Tuesdays from 10am-11:30am at the Sto:lo Resource Centre, Bldg#10.

For more Information, or to register, please contact Jennifer at 824-3214 or Tamara at 824-3265.

