

HOPE CENTRE HEALTH CARE

FEBRUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Kookum & Mooshum Group	2 Chair Yoga/ Chair Pilates Diabetes Educator	3
4	5 Harvest Food Bank	6 Indoor Biking Bannock Making Well Woman	7 Healthy Start	8 Kookum & Mooshum Group	9 Chair Yoga/ Chair Pilates Diabetes Educator	10
11	12	13 Indoor Biking Bannock Making Well Woman	 14 Valentine's Day Healthy Start	15 Kookum & Mooshum Group	16 Chair Yoga/ Chair Pilates Diabetes Educator	27
18	19 CLOSED Louis Riel Day	20 Indoor Biking Bannock Making Well Woman Clinic	21 Healthy Start	22 Kookum & Mooshum Group	23 LUNCH & LEARN (10:30—12:30) Diabetes Educator	24
25	26	27 Indoor Biking Bannock Making Well Woman Clinic	28 Healthy Start			

240 POWERS STREET
PHONE: 204 589 8354

MONDAY – FRIDAY

9 am to Noon & 1 – 4pm

WEDNESDAY

10 am to Noon & 1—4 pm

MONDAYS: Wpg Harvest Food Bank
1:30 - 3: 00 pm Call to register: 204 982 3660

TUESDAYS: Bannock Program

9 :30 - 12:00 & 1 - 3pm - Drop-in for FREE
Bannock Making

Indoor Biking: 1:30—2:00 pm.

Well Woman Clinic :

Drop in or call for an appointment

WEDNESDAY: Healthy Start

Call for info @ 204 9495350

THURSDAY: Kookum & Mooshum
1:30—3:00pm Grandparents Drop-in

FRIDAY: Chair Yoga/ Chair Pilates
Diabetes Educator:

11 – 11:30 call for an appointment @
204 589 8354