

# HOPE CENTRE HEALTH CARE

## MARCH 2018

240 POWERS STREET  
PHONE: 204589 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 (Cancelled on Mar 6th)*

*Well Woman Clinic: Drop in or call for an appointment*

*TUESDAY & THURSDAY: Well Woman Clinic*

Drop in or call for an appointment

*WEDNESDAY: Healthy Start : Call for info @  
204 049 5350*

*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*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Chair Yoga/ Chair Pilates Diabetes Educator	3
4	5 Harvest Food Bank	6 Well Woman Clinic Bannock Making	7 Healthy Start	8 Well Woman Clinic Kookum & Mooshum Group	9 Chair Yoga/ Chair Pilates  Diabetes Educator	10
11	12	13 Indoor Bik- ing Well Woman Clinic Bannock Making	14 Healthy Start	15 Well Woman Clinic Kookum & Mooshum Group	16 Chair Yoga/ Chair Pilates  Diabetes Educator	17
18	19 Harvest Food Bank	20 Indoor Bik- ing Bannock Making Well Woman Clinic	21 Healthy Start	22 Well Woman Clinic Kookum & Mooshum Group	23 Chair Yoga/ Chair Pilates  Diabetes Educator	24
25	26	27 Indoor Bik- ing Bannock Making Well Woman Clinic	28 Healthy Start	29 Hope Centre AGM	30 CLOSED GOOD FRIDAY	31