

Hope Centre Health Care

APRIL 2018

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 Making

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

TUES & THURSDAY: Well Woman Clinic

Drop in or call for an appointment

WEDNESDAY: Heathy Start

Call for info @ 204 949 5350

THURSDAY : Kookum & Mooshum

1:30—3:00pm Grandparents Drop-in
 For more info call Brenda or Maggie @
 204 589 8354

FRIDAY: Chair Yoga/ Chair Pilates

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

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