

# Well On Your Way Wellness Workshops

**Every Thursday - 11am to 1pm**

**In the Aboriginal Patient's Lodge**

**1254 East 8<sup>th</sup> Avenue, in the Amenities Room**

In each workshop, we make lunch and learn something new to improve our health and wellbeing, following the rhythm of the seasons. All of our workshops are fun and creative – anyone can join in...so come by and see what we're up to!

Children are welcome and bus fare is provided, if needed. At the end of the afternoon you might take home something you've learned, something you've made, a new recipe, or even a few leftovers!

Here are the workshops this month:

<b>February 2</b>	<b>Write a "Family Manifesto"</b> What are the ideas and values that are important to your family? Come and create a colourful poster that will remind you and your family about the things that really matter to you.
<b>February 9</b>	<b>Send Random Acts of Kindness</b> What do you do to create kindness in the world? Bring your ideas and share them with the group. In this workshop, we'll make postcards to send to someone we love...just because!
<b>February 16</b>	<b>Grow Your Own Herbs and Sprouts</b> It may be cold outside, but inside...it's warm enough to start a garden! Learn how to grow a few herbs and sprouts to bring spring a little closer in these days of winter. We'll also decorate our pots with some colourful spring colours!
<b>February 23</b>	<b>Learn How to Create Your Family Health Tree</b> Do you know how your ancestors' health affects yours? Start putting together a family tree of health issues and strengths to help you and your children focus on your own good health.