

QUESTIONS?

PLEASE CONTACT MELANIE AT MMARSDEN@AHT.CA

FOUR DIRECTIONS FOR

Holistic Wellbeing

May 6 | June 3 | July 8 | August 5
2pm - 4pm in the All Nations Room

PLEASE JOIN US FOR THIS 4 SESSION PROGRAM
AS WE LEARN ABOUT MEDICINE WHEEL TEACHINGS AND
HOW WE CAN USE THESE TEACHINGS TO CARE FOR
OURSELVES AND IMPROVE OUR WELLNESS