



Ogwa:kwi:yo:

A free, 12 week introduction to a healthy lifestyle. Learn ways to nourish and move your body to create lasting change!

SEPTEMBER 14TH - NOVEMBER 29TH
10:00AM - 1:00PM

WHITE PINES WELLNESS CENTER

*Kitchen/Boardroom
(2nd floor)*

- *Please note there is a light physical activity component*

CONTACT US

for more information and to register for the program.

(519-445-4779)

Transportation Available!



In Partnership
with:

