

Be Well Program

WHERE & WHEN?

February 4, 2015- Sugar Cane Health Station

February 12, 2015- Soda Creek Health Station

February 17, 2015– Canoe Creek Health Station

Open to all community members.

Schedule:

10:30 am — Be Well Screening

Blood Pressure Check

Blood Sugar Check

Respiratory and Pulse Check

Weight Check

12:00 pm — Lunch Provided

1:00 pm — Healthy Living Program

Information Session/Physical Activity

2:00 pm — End of Session



For more information contact Sheila or
Kayla at 250-398-9814