

Lunch-n-Learn

De-stressing During the Winter

Tuesday March 19, 2024
11:00 a.m. - 1:00 p.m.

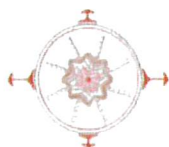


Bear River First Nation Health Centre

Lunch Provided!

Join us for a lunch time workshop on Mental Health. We'll be discussing new ways to cope with stress including quick and easy meal planning ideas.

For more information please contact **Amber Potter-**
hd@brfnhc.ca



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Department of Health and Social Services

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