

LETS GET GROUNDED

Come on out to learn how traditional medicine can help balance your Mental Health and make your own tobacco pouch. We will be exploring the four main medicines from a beginners perspective.

10 spaces available.

**Tuesday October 25th
5:00 pm – 7:00 pm
Health Centre**



**Contact Marcie Williams, Mental Health Worker to book your spot
705-657-2557 or MarcieW@curvelake.ca**