

Making it Sacred: Returning to the Spirit in our Food



MEET & GREET

Monday October 16, 2017

1:00 – 4:00 pm

Curve Lake Health Centre

WEEK ONE: MAKED IT SACRED

October 23rd 1:00-4:00



Participants will have an opportunity to explore simple ways to making our lives healthier. We will glance in the past and look how traditionally our bodies were nourished and how reconnecting to the land plays a big role in sustaining overall health.

WEEK TWO: SELF CARE

October 30th 1:00-4:00

HEALTHY FEET are HAPPY FEET



FREE Self-Care Kits

Foot Care & Diabetes: The Rabbit reminds us that our feet are very important to our daily lives, and we must take care of them. Feet are a part of us for life; however amputations are becoming the leading complication of diabetes. Let's WALK TOGETHER to help prevent more losses

For further information & to sign up, please contact

Melanie Knott, Healthy Babies Healthy Children

melaniek@curvelake.ca or 705-657-2557

Hosted in partnership with:

Autumn Watson, Diabetes Wellness Worker

Indigenous Diabetes Health Circle



TAKING CARE OF SELF CARE: FOOT CARE 101

