

**HEY GUYS!!!**

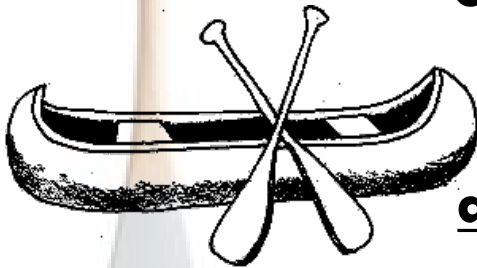
**Are your paddles ready?**

**Did you know that being out on the water is a good stress reliever?**

**Its time to take some time for you!**

***Marcie & Walter will be having a MEN'S night for Curve Lake members.***

**Come on out and design your own paddle!**



**May 23<sup>rd</sup> 2017**

**6:00pm – 9:00pm**

**at the Curve Lake Community Centre**

**All materials supplied one paddle per participant.**

**Call Marcie or Walter at the Health Centre to sign up**

**705-657-2557**

**ONLY 15 spots available**