

# Balancing Self: Wellness Shaker Workshop



**TO BE RESCHEDULED**

**Date: Thursday July 28, 2016**

**Time: 9:00 am – 4:00 pm**

**Location: Lake Seniors Centre**

Participants will have an opportunity to explore simple ways to make our lives healthier. The workshop will speak to how we are interconnected and the supports that may be available. Together we will teach and create our own shakers, which we can take along our wellness journey.

**For ages 50+. Space is limited.**

**To register, please contact the seniors' at 705-657-8010**



**Hosted in partnership with Autumn Watson, Family Wellness Worker,  
Southern Ontario Aboriginal Diabetes Initiative (SOADI)**