

## **Paddles Up Ladies!**

**It's time for the Ladies to come on out and learn about the water and how it helps to relieve stress.**

**LADIES night**

**For Curve Lake Band Members**

**at the Curve Lake Health Centre**

**6:00pm – 9:00pm July 27<sup>th</sup> 2017**

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

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

**Please email your choice of picture or bring it down to the Health Center prior to the workshop.**

**[MarcieW@curvelake.ca](mailto:MarcieW@curvelake.ca)**

**Light Refreshments will be served.**

**Call Marcie at the Health Centre to sign up  
705-657-2557**

**ONLY 10 spots available**

