

CMHA Kelowna

We are pleased to announce the Re-Opening of the CMHA Wellness Development Centre Tuesday, November 4th @ noon

Fantastic lunches will be served for only \$2.50

The WDC program is for people who experience mental health issues in our community wanting to focus on healthy living through food, exercise, positive lifestyle choices and relationships.

Our program includes nutritious lunches, fitness, recreation, leisure activities and networking with friends.



**Wellness Centre
Hours of Operation
starting Nov 17th**

Tuesdays,
Wednesdays,
Thursdays
12 noon - 5:00pm

**GRAND
Re-OPENING**
November
4th, 5th, 6th
from
12 noon - 3pm
to get to know
each other.
Please join us.

Yoga, light fitness,
nutrition, shopping and
budgeting, thinking
positive, smoking
cessation, weight
management, friendship
and FUN.

Come meet the new staff team for the Wellness Development Centre and share your ideas for future programs.



Come see what's new....

Full afternoon program to start Tuesday, November 17th at noon.