



Community Health Programs

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 Aqua Fit - pickup 4:30pm at Bus Stop	4 Walking Warriors Women's Wellness <u>Dr Henderson 1pm-4pm</u> Traditional Medicine Class 5pm-8pm	5 Free Produce Elders Meals on Wheels	6 Walking Warriors	7
10 Aqua Fit - pickup 4:30pm at Bus Stop	11 Walking Warriors Women's Wellness Traditional Medicine Class 5pm-8pm Community Family Event 4pm Dinner	12 Free Produce Elders Meals on Wheels <u>Dr Eberhard 1pm-4pm</u>	13 Walking Warriors	14 Good Food Box Cut-Off
17 Aqua Fit - pickup 4:30pm at Bus Stop	18 Walking Warriors Women's Wellness Traditional Medicine Class 5pm-8pm	19 Free Produce Elders Meals on Wheels <u>Dr Eberhard 1pm-4pm</u>	20 Good Food Box Delivery Walking Warriors	21
24 Aqua Fit - pickup 4:30pm at Bus Stop	25 Walking Warriors Women's Wellness Traditional Medicine Class 5pm-8pm	26 Free Produce Elders Meals on Wheels <u>Dr Eberhard 1pm-4pm</u>	27 Walking Warriors	28

Aqua Fit - Water Exercising 4:30pm pick up at the Bus Stop, Home by 7:30pm Aqua Fit Class at Island Savings Aquatic Centre

Elders Meals on Wheels - Delivery Every Wednesday starting at 12:00pm

Free Produce - Every Wednesday at Malahat Health, 11:30am until gone! Please remember your reusable bags!

Good Food Box - Renewal Deadline February 14, please renew by seeing the Doctor or Nurse. Delivery February 20

Community Family Event: Victoria Royals Hockey Game, Dinner served at the KKC 4pm, 5pm departure on a Luxury Coach Bus!

Traditional Medicine Class - Every Tuesday 5 pm - 8 pm at Health for 10 weeks. Limited to 10 seats. Call Malahat Health to Register!

Walking Warriors - Tuesday & Thursdays, pick up at 8:30am, return to Malahat Nation 11:00am

Women's Wellness - Every Tuesday from 10:30 am - 12:30pm at Wellness Trailer

Please call Malahat Health at 250-743-3900 to register or for further information