



Community Health Programs

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Aqua Fit - pickup 4:30pm at Bus Stop	3 Women's Wellness 10:30am - 12:30pm	4 Free Produce Elders Luncheon @ Health Unit <u>Dr Eberhard 1pm-4pm</u>	5	6
9 Aqua Fit - pickup 4:30pm at Bus Stop	10 Women's Wellness 10:30am - 12:30pm Traditional Medicine Class 5pm-8pm	11 Free Produce Elders Meals on Wheels <u>Dr Eberhard 1pm-4pm</u>	12	13 Good Food Cut Off
16 Aqua Fit - pickup 4:30pm at Bus Stop	17 Women's Wellness 10:30am - 12:30pm Mens & Womens Wellness Event	18 Free Produce Elders Luncheon @ Health Unit <u>Dr Eberhard 1pm-4pm</u>	19 Good Food Box Delivery	20 Youth Wellness Event
23 Aqua Fit - pickup 4:30pm at Bus Stop	24 Women's Wellness 10:30am - 12:30pm Traditional Medicine Class 5pm-8pm	25 Free Produce Elders Meals on Wheels <u>Dr Eberhard 1pm-4pm</u>	26	27
30 Aqua Fit - pickup 4:30pm at Bus Stop COHI - George Bonner 9am - 12pm COHI - Health 1pm - 3pm	31 Women's Wellness 10:30am - 12:30pm Traditional Medicine Class 5pm-8pm			

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

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

COHI - Dental Screenings & Varnish by DeeDee & Audrey, George Bonner Elementary 9am - 12pm & Health 1pm - 3pm

Elders Meals on Wheels - Elders Luncheon at Health Unit March 4 & 18, Delivery on March 11 & 25 starting at 12:00pm

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

Good Food Box - Renewal Dealine March 13, please renew by seeing the Doctor or Nurse. Delivery March 19.

Mens & Womens Wellness Event - Tuesday March 17, 4:00pm - 7:00pm at the KKC

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, starting again in April 2020 Malahat Nation 11:00am

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

Youth Wellness Event - Friday March 20, 1:00pm - 3:00pm at the KKC