



**Community Health
and Wellbeing Week**

Connected Teams, Connected
People, Connected Communities

Community Health and Wellbeing Week

October 21-27, 2019

A few activities offered to our clients during the week: (Please note: see poster or Facebook for specific times)

Monday

Chalking ~ Morning Chair Massage ~ Yoga and Mindfulness ~ Mobile Unit - Blood Pressure Checks

Tuesday

Healthy Eating Workshop ~ Art Activity - Collage project

Wednesday

Random Acts of Kindness

Thursday

Morning Chair Massage ~ Yoga or Mindfulness

Friday

Invitational lunch – CCHC Rainbow Community members, MP (Trillium recognition), Mayor, MPP, Board Members, Staff, Partners in community who support our work with Rainbow Community

