

Weaving our Health



Every
Thursday for 3 weeks May 11, 18, 25

Time: 11:00 – 3:30 pm

TYENDINAGA (Community Wellbeing Teaching lodge)

Participants will have an opportunity to explore simple ways to make our lives healthier. The workshop will speak to how life is interconnected and the supports that may be available. Together we will teach and create our own black ash baskets, which we can take along our wellness journey.
(Lunch will be provided)

For further information & to sign up, please contact
Shelley Brant at shellyb@mbq-tmt.org or (613) 967-3603 ext. 108

(SPACE IS LIMITED)



**Hosted in partnership with Lisa Beedie Aisance-Kwe,
Tobacco Wise Lead South, Cancer Care Ontario**