

DESCRIPTION OF EVENTS



HEALTH FEBRUARY 2019

MEDITATION

Free. Join us for a gentle, guided relaxing meditation with an experienced and trained meditation teacher.. Everyone welcome. (*Amphitheatre*)

LUNCH AND LEARN

Free. Join us for lunch with a bed bug specialist to learn about prevention and treatment. (*Board Room*)

PHYSIOTHERAPY

Free. Physiotherapist provides services and directly bills your MSP. Please bring your Care Card. Sign up at reception. (*Wellness Room*)

ACUPUNCTURE

Free. Pacific Rim College and students are here to provide acupuncture specific to your health needs. Sign up at Reception. (*Wellness Room*)

FOOTCARE WORKSHOP

Free. Join us to learn about nutrition and proper foot health. Footcare will also be available with a footcare nurse. Sign up at reception (*Amphitheatre*)

COMMUNITY LUNCH

Free. Join us for a healthy meal of soup, bread, and other goodies! A weekly gathering open to all. (*Gym*)

UNITY DRUMMERS

The urban Aboriginal community comes together every Friday to share songs and friendship. Family friendly. Everyone Welcome. (*Gym*)

HERBAL CLINIC

Free. Pacific Rim College can create Herbal Medicine specific to your needs. Sign up at reception. (*Wellness Room*)

NUTRITIONAL CONSULTATION

Free. Pacific Rim College provides nutritional advice, including meal planning and support. Sign up at reception (*Wellness Room*)

HEALTH SUPPORT CIRCLE

Free. Drop In. The circle provides support and education for those living with diabetes. Light snack provided. (*ECD Playroom*)

MASSAGE

Free. Massage therapy provided by a Registered Massage Therapist.. Sign up Reception. (*Wellness Room*)

Mon	Tue	Wed	Thu	Fri
				1 SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
4 MASSAGE 9-3:15PM MEDITATION 12:30-1PM PHYSIOTHERAPY 9-2:30PM	5	6 LUNCH AND LEARN 12-1:30 PM HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	7 FOOTCARE WORKSHOP 10-12PM NUTRITION CONSULTATION 12:30-2:30	8 SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
11 MEDITATION 12:30-1PM PHYSIOTHERAPY 9-2:30PM	12	13 HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	14 NUTRITION CONSULTATION 12:30-2:30	15 SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
18 STAT FAMILY DAY	19 HEALTH SUPPORT CIRCLE 1:30-2:30 PM	20 HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	21 NUTRITION CONSULTATION 12:30-2:30	22 SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
25 MEDITATION 12:30-1PM PHYSIOTHERAPY 9-2:30PM	26	27 HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	28 NUTRITION CONSULTATION 12:30-2:30	

OUR HEALTH TEAM

SHONA – MENTAL HEALTH LIAISON WORKER
 PATRICK– ADDICTIONS COUNSELLOR
 RAELENE– HOMELESS OUTREACH WORKER
 VANESSA – HEALTH SUPPORT WORKER

The Victoria Native Friendship Centre
 231 Regina Ave Victoria, BC V8Z 1J6
 250-384-3211

