

DESCRIPTION OF EVENTS



HEALTH MARCH 2019

MEDITATION

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

LUNCH AND LEARN

Free. Join us for lunch with Headway, the Victoria Epilepsy and Parkinson's Centre to learn about Epilepsy, their services and how they can best support you.
(Community 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 Indigenous 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.
(Cedar Rose Room)

MASSAGE

Free. Enjoy a relaxing massage provided by a gentle, experienced Registered Massage Therapist. 30 minute sessions available by appointment only. Sign up at 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 PHYSIOTHERAPY 9-2:30PM | 5 | 6 HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM | 7 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 | 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 MASSAGE 9-4PM MEDITATION 12:30-1PM PHYSIOTHERAPY 9-2:30PM | 19 HEALTH SUPPORT CIRCLE 1:30-3:00 PM | 20 LUNCH AND LEARN 12-1:30PM 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 MASSAGE 9-4PM MEDITATION 12:30-1PM | 26 | 27 HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM | 28 FOOTCARE WORKSHOP 10-12PM NUTRITION CONSULTATION 12:30-2:30 | 29 SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM |

OUR HEALTH TEAM

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

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

