

# Malahat Health Programs Schedule

## January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>CLOSED</b>	<b>2</b> <b>CLOSED</b>	<b>3</b> <b>CLOSED</b>	<b>4</b> <b>CLOSED</b>
<b>7</b> Aqua Fit 4pm Youth Group 5-7pm KKC	<b>8</b> Walking Warriors 9am	<b>9</b> Elders Lunch 12:00pm Ladies Group 4:00-7:00 Youth Group 5-7 Health Unit	<b>10</b> Walking Warriors 9am	<b>11</b>
<b>14</b> Aqua Fit 4pm Youth Group 5-7pm KKC	<b>15</b> Walking Warriors 9am Children's Oral Health 9-12pm	<b>16</b> Elders Lunch 12:00pm Ladies Group 4:00-7:00 Youth Group 5-7 Health	<b>17</b> Walking Warriors 9am GOOD FOOD BOX	<b>18</b>
<b>21</b> Aqua Fit 4pm Youth Group 5-7pm Health Unit Men's Night 4:30-7:30 KKC	<b>22</b> Walking Warriors 9am	<b>23</b> Ladies Group 4:00-7:00 Elders Lunch 12:00pm Youth Group 5-7 Health Unit	<b>24</b> Walking Warriors 9am	<b>25</b>
<b>28</b> Aqua Fit 4pm Youth Group 5-7pm KKC	<b>29</b> Walking Warriors 9am Children's Oral Health 1:00-3:00pm	<b>30</b> Elders Lunch 12:00pm Ladies Group 4:00 -7:00 Youth Group 5-7 Health Unit	<b>31</b> Walking Warriors 9am	

Aqua Fit- Water Exercising 4pm

Youth Group- Monday's at the KKC from 5-7pm Wednesdays at the Health Unit

Walking Warriors- Walking group; come and get some fresh air and connect with nature at 9am

Good Food Box- Renewal Deadline January 11<sup>th</sup>

Men's Night- 4:30-7:30 at the KKC come hang out with the Men of Malahat

Children's Oral Health- Children ages 0-7 years old. Please book in advance and contact Audrey at Malahat Health

Elders Lunch- Every Wednesday at the Malahat Health Unit

Ladies Group- Weave, connect and relax at the KKC

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



Malahat