

Malahat Health Programs Schedule February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
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4 Youth Group 5-7pm KKC	5 Children's Oral Health 9am-12pm	6 Elders Lunch 12:00pm Youth Group 5-7 Health	7	8
11 Aqua Fit 4pm Youth Group 5-7pm KKC	12	13 Elders Lunch 12:00pm Youth Group 5-7 Health	14 Drop-In Wellness Day 9am-4pm	15
18 Aqua Fit 4pm Youth Group 5-7pm KKC	19 Children's Oral Health 1-3pm	20 Elders Lunch 12:00pm Youth Group 5-7 Health	21 GOOD FOOD BOX	22
25 Aqua Fit 4pm Youth Group 5-7pm KKC	26 The Bully Stops Here Community Gathering 5-7pm KKC Children's Oral Health 1-3pm	27 Elders Lunch 12:00pm Youth Group 5-7 Health	28	

Aqua Fit- Water Exercising 4pm

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

Good Food Box- Renewal Deadline February 11th

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

Bullying Stops Here Community Gathering – Tuesday February 26th Community Dinner 5-7pm at the KKC

Drop-In Wellness Day – Weights, Blood Glucose, Vitals, Question/Answers 9am – 4pm at the Health Unit

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



Malahat