

Malahat Health Programs Schedule

March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
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4 Youth Group 5-7 pm KKC	5	6 Children's Oral Health 9am-12pm Elders Lunch 12:00 pm	7	8 Drop-In Wellness Day 9 am – 4 pm Health
11	12	13 Elders Lunch 12:00 pm	14	15
18 Youth Group 5-7 pm KKC	19	20 Children's Oral Health 1-3pm Elders Lunch 12:00 pm Youth Group 5-7 pm Health	21 GOOD FOOD BOX	22
25	26	27 Elders Lunch 12:00 pm	28	29 Ready or Not Community Dinner 5-7pm

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

Good Food Box- Renewal Deadline March 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

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

Ready or Not Community Dinner – March 29th at the KKC, 5-7pm, Talking with Teenagers about the Opioid/Drug Crisis

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



Malahat