

# MAY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
					1 8 week Weight Loss Challenge	2
3	4 Activity kits & essential needs deliveries	5	6 Storytelling with Laurie & Ebonie 3pm	7 Healthy Meals with Erika 4pm	8 Weight Loss Challenge Check-ins	9
10	11 Activity kits & essential needs deliveries	12	13 Storytelling with Laurie & Ebonie 3pm	14 Healthy Meals with Erika 4pm	15 Weight Loss Challenge Check-ins	16
17	18 Activity kits & essential needs deliveries	19	20 Storytelling with Laurie & Ebonie 3pm	21 Healthy Meals with Erika 4pm	22 Weight Loss Challenge Check-ins	23
24	25 Activity kits & essential needs deliveries	26	27 Storytelling with Laurie & Ebonie 3pm	28 Healthy Meals with Erika 4pm	29 Weight Loss Challenge Check-ins	30
31						

## NAANDWIDIZWIN- WECHIHITTA

### HEALING OURSELVES, HELPING EACH OTHER



**Daily Wellness Checks**  
Monday - Friday



**Weight Loss Challenge Hours**  
Tuesdays 11 AM - 12 PM  
Thursdays 2 - 3 PM

**Learn more and register:**  
[healthsupport@councilfire.ca](mailto:healthsupport@councilfire.ca)  
[rhcoordinator@councilfire.ca](mailto:rhcoordinator@councilfire.ca)



 @TIRSSurvivors