

Taking Care of Ourselves in a New Country

Wednesday, October 17, 2018, 11:30 am-12:00 pm

Pickering Welcome Centre, Unit 5



Join Sabrina and Sukaina for a conversation about feeling well and staying healthy when you are adjusting to a new country.

Sabrina and Sukaina will share tips and information for you and your family.

Light refreshments available



Welcome Centre - Pickering
1400 Bayly Street, Unit 5
Pickering, ON L1W 3R2

Toll-free: 1-877-761-1155
www.welcomecentre.ca



**Register with Ana at 905-420-3607
or call 1-877-761-1155
Walk-ins also welcome**

