



COMMUNITY HEALTH NIGHTS



Tuesday, September 26, 2017
5:30 pm - 7:00 pm
Métis Nation of Alberta
Provincial Office
#100 - 11738 Kingsway Avenue NW
Edmonton, Alberta, T5G 0X5

Healthy Pregnancy

Join the Conversation!  @Albertametis  @Albertametis  @ABMetis

Métis Nation of Alberta's third Community Health Night on Tuesday, September 26 will be an informative session on pregnancy health. Topics presented by the Gianna Centre with Catholic Social Services will include nutrition, mindfulness, exercise, and birth planning.

The session will run from 5:30pm to 7pm and snacks are provided. To reserve a spot contact Christine by Tuesday, September 19, 2017 at cdyck@metis.org, or 780-455-2200 ext. 249.

For those who cannot attend, this Health Night will also be live streamed on MNA's Facebook page.

