

Self-Care Workshop

Come Join Us for an evening to discuss the importance of self-care, warning signs of stress, and activities that are good for your health!!!

**Monday, May 15th at 6:00pm
Acadia First Nation Bingo Hall
For Everyone**

Light Snacks and Beverages will be provided

*For more information please contact
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Keisha Miller at keishamiller87@outlook.com*