



Wellness Walks

In Support Of Mocc Walks

Topics Include:

Self-Care

Compassion for self and others

Overall balance

COME JOIN US WEEKLY

- Wednesdays (May and June)
 - 10:45am-11:45am
- Start at UNFC Main Building
(516 Portage Ave)

Registration Not Required

For questions please call

Pam or Kathy at (807) 274-8541