



Mayne Island Health and Wellness Fair

Saturday May 25th 2024 Ag Hall 10-2

Come along and meet the professionals who give great service on Mayne
Get your blood pressure checked .See the paramedics and fire service demonstrate how an AED works- you need to know.
Find out what's planned for our Health Centre and how to cope if you're not registered .Talk to Complementary Medicine providers based on Mayne. There'll be short presentations on the stage so learn about nutrition and simple lifestyle changes that will improve your wellbeing for ever.

Paramedics -Karen Noyes
Fire department -Eric Walker
MIALS-Beth Cooper
MIHCA
Allen Rowley-evidence based wellbeing support group
Courtney Anderson-Trauma counselling
Nevah Eyton-Mayne Haven
Warren Korol-Meditation Group
Jerry Ann Haggart-TOPS
Tamara Gagne-Happy Tides

Meadow Dove -RMT
Donna Williams-Yoga and Somatic Mindful Movement
Brian Crumblehulme-MIHCA Dance Program
AA-George Bathgate and friends

There'll be healthy snacks and drinks and fun and games for younger folk
Drop in after the Saturday run to the Market and Thrift Store
Put it in your diary now

MIHCA

