

Women of Wonder

December 2020

Fri Dec. 4	Inflammation and Arthritis	Dr. Michelle
Fri Dec 11	Gaining and Maintaining a Healthy Body	Physio Therapist: Brian
Fri Dec 18	Thriving in Uncertainty	Counsellor: Kinsey

The Women of Wonder is for people who identify as female. The group meets virtually through the phone or computer every Friday between 10 am and 11:30 am

For more information how you can join call Deb at:

416 230 2115 or Email: dphelps@pqwchc.ca