



January 2021

WOMEN OF WONDER

Fri Jan 8

Our Health

Dr. Navpreet

Fri Jan 15

How to Destress

WOW Group Discussion

Fri Jan 22

Managing Our Weight

Dietician: Katie and
student Christine

Fri Jan 29

My Favorite Recipe

Sharing Our Recipes

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

For more information how you can join call Deb at:
416 230 2115 or Email: dphelps@pqwchc.ca