



Pregnancy Outreach

Lunch & Learn

Date: Wednesday - May 10, 2023.

Time: 12:00-1:00 pm

Place: Xats'ul Education Building

Please Join Us!

The Pregnancy Outreach team will be here to share information about:

- Pre-natal & post-natal fitness classes
- Playgroups
- Drop-in education & support luncheons
- Walking groups
- Swimming
- Quilting & sewing classes
- Health & lifestyle during pregnancy
- Infant development & child development

**For Xats'ul community members*

Please call Kelly
if you would like a ride
(250) 989-2323, Ext 127

