

# CULTURAL NIGHT

**TUESDAY'S**

3:00-6:00pm (drop in)

Community Services Boardroom (Health)

## Join us for Cultural Night

- December 5th:** Rose hip lip balm and a selection of teas (for colds & flu's, etc.) and stinging nettle, spruce tip latte with Torey Lee
- December 12th:** Christmas Craft with Barb and Mary from Three Corners Health
- December 19th:** No program, due to being too close to holidays



**Maxine Sellars**  
Health Programs  
Clerical Support

Snacks are provided. If you have any questions, call Betty or Maxine at 250-989-2355

Open to Xat'sull Community Members



**Betty Price**  
Wellness Coordinator

