



# WOMEN'S ONLY SWEAT

Friday

**JANUARY 9, 2026**

**12:00 - 5:00 PM**

XFN Community Services Sweat Lodge

Sweat Lodge Keeper: Irene Charley

Dinner will be provided.

Please wear a long skirt & top or  
floor length night gown

**FOR MORE INFORMATION  
CONTACT:**

**Courtney at  
250-989-2355 ext. 132**

