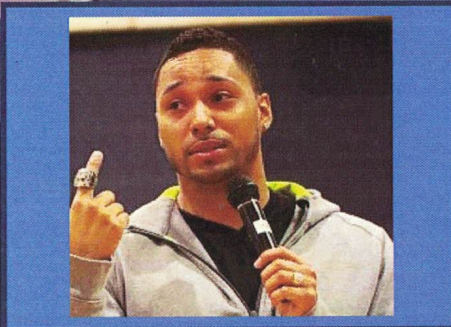


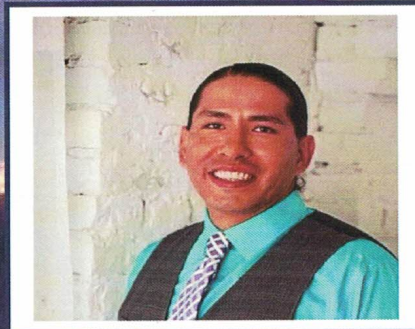
hałwík
To make wise decisions

Lower Kootenay Band is hosting a Community Health & Wellness Workshop for both men & women and all Ktunaxa members are invited to attend.



JR Larose

Former Canadian Football Safety
Ambassador for Aboriginal People
Promotes the importance of physical
activity and all around Health



Kasey Nicholson

Motivational Speaker / Comedian
Dedicated to promoting Spiritual
Health and wellbeing

Date: February 20th & 21st 2019
Time: 9:00am – 4:00pm

Join us at the Roundhouse for a
Workshop that will be promoting
Good Health and Well Being!
On both days lunch and dinner will
be provided and on the final day a
windup feast.

We ask that you bring comfy clothes
and good shoes

If you are interested in attending this
workshop there is a sign-up sheet @
the Band Office: Please contact
Sandy Wayling @ 250-428-4409

Please note: Subsidy for travel is not
included

