

# WINTER WELLNESS REGISTRATION

## January 2018

The change in season is well upon us, presenting an ideal opportunity to discover new ways to keep ourselves healthy and balanced. Through established community partnerships, we are pleased to offer a variety of fun-filled wellness initiatives to promote healthy living and to embrace the winter season!

Events are **FREE** and open to all individuals who have been affected by addiction in some way.

We encourage you to bring friends and family members to join in the events. Registration is **mandatory** to participate.

### Catch a Flick!



Thursday, January 25, 2018 | Showtime: 2:10 PM

- Enjoy the bold and original musical: *The Greatest Showman*
- Richmond Hill Cineplex, 8725 Yonge Street
- Soft drink and popcorn provided
- Shuttle bus transportation available:

**Bus 1:**

Pick up @  
ASyr: 12:45 pm  
Krasman Centre: 1:15 pm  
Departure @ 4:00 pm

**Bus 2:**

Pick up @  
VitaNova: 12:30 pm  
YorkGate Mall (by No Frills): 1:05 pm  
Departure @ 4:00 pm



**Registration Deadline: Wednesday, January 24th by 12 PM**

NAME: \_\_\_\_\_ PHONE NO.: \_\_\_\_\_

Please note: there is a maximum of 23 registrations per agency.

## QUESTIONS?

Please contact one of our Wellness Collaborative Partners included here.



**Across Boundaries**  
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**Black Creek Community Health Centre**  
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**Caritas**  
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**Krasman Centre**  
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**VITANOVA**  
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