

SPAR Community Health Board

Southampton, Parrsboro, Advocate & Region

Feel Good Afternoon

Promoting Mental Health and Wellness

Saturday March 16th, 2019
1-5pm

Fundy Geological Museum
Parrsboro

- Silver Lining
  Music with Rob & Patti
- Chair Yoga
  (chairs provided)
- Black Rock Bistro
  Sample our Beautifuly presented *Comfort food*
- Art Play
- Clay Creations
  Materials provided. May be messy dress appropriatly

Free short Massage as available

Free admission including

Refreshments provided.

Bring your friends and enjoy participating in these fun activities.

For more information, please contact:

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