

Laughter can actually decrease pain and release happy hormones. When you laugh, your body releases endorphins, which help you feel happier. These happy hormones boost your mental health. This can also lead to less pain.

* TRANSPORTATION

MMFN new EV vehicles are now available for elders and families for **local** appointments. Contact office for bookings.



ELDERS BUILDING!

Elders brunches held on every Monday! at 10am.

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walking for wellness week April 8th-12th.

Workout sessions with Marlee Koob begin April 16th until May 9th! Tuesdays and Thursdays Smoothies and food journals will be available.

UPCOMING...

MMFN health dept is looking forward to hosting the MMIWG event May 5th

and Community Wellness Gathering! May 14th-16th

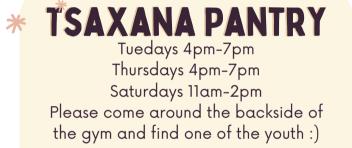
"A book is a dream that you can hold in your hands" - Neil Gaiman

FOOD DAYS

There's more water in cucumber than watermelon. Watermelons contain

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92% water, whereas Cucumbers contain 95%!



Join the Community Garden page for daily updates.





GR FOOD BANK

Monday 10am-1pm Wednesday 1pm-4pm

