



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.



WELLNESS



MMFN health dept is hosting 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.

ELDERS BUILDING!

Elders brunches held on every Monday! at 10am.



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 92% water, whereas Cucumbers contain 95!



TSAXANA PANTRY

Tuedays 4pm-7pm

Thursdays 4pm-7pm

Saturdays 11am-2pm

Please come around the backside of the gym and find one of the youth :)

Join the Community Garden page for daily updates.



GR FOOD BANK

Monday 10am-1pm

Wednesday 1pm-4pm

