

**Feeling lonely? Bored with being alone?  
Feeling unhealthy eating the same old stuff?**



**We have an idea and a rather spooky one at that!  
Meet us Saturday, October 31  
at the Wellness Institute to learn more.**



**Red River**



**CEREBRAL PALSY  
ASSOCIATION  
OF MANITOBA**

**WHAT?** Second in the series of CPAM and Red River Co-op Wellness Workshops

**WHERE?** Wellness Institute, 1075 Leila Avenue

**WHEN?** Saturday, October 31  
Workshops start at 1 p.m.  
Finish at 3 p.m.

**EATING WELL AND LOVING IT**

- A workshop for participants to learn a simple, healthy recipe.
- Take home a bag of ingredients and try it for yourself.

**FEELING BETTER AND LOVING IT**

- A workshop full of ideas about shaking off the blues.
- Take home strategies to offset loneliness and boredom.

Both workshops will be led by Wellness Institute experts.  
LIMIT: 30 people, plus attendants.

**RSVP BY OCTOBER 22 to:**

**Sarah Yates-Howorth** • 204-899-4052 • [bikerace@cerebralpalsy.mb.ca](mailto:bikerace@cerebralpalsy.mb.ca)  
OR **Gemma Yates-Howorth** • [gemmabrooks@shaw.ca](mailto:gemmabrooks@shaw.ca)

**COVID-19 RULES APPLY AT THE WELLNESS INSTITUTE**

- 1) All participants must wear a mask.
- 2) Physical distancing will be practiced.
- 3) All entrants are screened for symptoms.
- 4) Hand sanitizing is practiced throughout.



**Workshops are free.  
Participants will be split into two smaller groups.  
Bottled water will be provided.**