

Open Hearts, Open Minds

Traditional Ways of Caring for One's Self

*Caring for one's self is important to your
spiritual and physical well-being
Ladies Join us for a day of Traditional Caring*

Saturday, March 15th

10:00am to 4:00pm

**at Lii Michif Otipemisiwak
Family and Community Services
700 Tranquille Road
Lunch will be provided**

RSVP is required, please call 250-554-9486

All Traditional Caring Ways are Free



Have your Tea
Leaves Read



Receive a
Reading



Have your
Energy worked
on



Visit with a
Healer



Receive a
Message



**Lii Michif Otipemisiwak
Family and Community
Services**