

Women Own Wellness

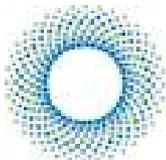
A Health Wellness Self-Management Group



**Join us as we discuss
health topics
important to women!**

4 week education and
exercise class

Date TBD



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**Compass Community Health
Call Miriam at 905 523 6611 ext 3068**