

SMALL CHANGES WORKSHOP

Presents Guest Speaker from



**HEART &
STROKE
FOUNDATION**

Bonnie Mercedes

(Area Manager for Northern BC & Yukon)

Give ideas and tips on

- **What foods prevents a stroke**
- **Life style risk factors**
- **On exercise, diet, and stress**

ON TUESDAY 17th JULY

WHERE: Trinity United Church 3555 5th Avenue

TIME: 3:00 - 4:30pm.

ALL ARE WELCOME