



# The Wellness Wire

a digital resource of the Fundy Wellness Network

Issue 1: November 1, 2016

Welcome to the very first edition of The Wellness Wire. The following news, activities and events have been shared for this edition (Nov 1 – 14, 2016). Please share among your networks.

- Congratulations once again to our **2016 Wellness Champions** who were honored on October 3. To view a photo tribute of the evening, visit our website at [www.fundywellness.ca](http://www.fundywellness.ca)
- The **NB Fetal Alcohol Spectrum Disorder Center of Excellence** will host a **Parent Support Group** on **November 17th from 6-8pm**. Call Andrea for more details and to register. 674 4302 or [andrea.gauthier@vitalitenb.ca](mailto:andrea.gauthier@vitalitenb.ca).
- The Towns of Quispamsis and Rothesay will be hosting the **18<sup>th</sup> Annual Kennebecasis Valley Santa Claus Parade on Saturday, November 26<sup>th</sup>**. The Parade will commence at 6:00 pm at KVHS. [Register before November 17<sup>th</sup>](#).
- Free **public skating schedules** are now available. [Quispamsis](#) | [Saint John](#)
- The **Alzheimer's Society** will hold its next **Memory Café** on **Sunday, November 6** at the Loch Lomond Villa, 185 Loch Lomond Road. 2PM-4PM. Saint John Cafés are held on the first Sunday of the month. KV Cafés are held on the second Sunday of every month at St. Paul's Church in Rothesay, 2PM – 4PM.
- **Sobeys** is offering a number of **nutrition events** during November.  
*5 Secrets to Help Control Blood Sugars: Thursday, November 3, 11:00 am-12:00 pm, East Point*  
*Low sodium cooking: Friday, November 4, 12:00 pm-1:30 pm, East Point*  
*Cooking for 1 or 2: Tuesday Nov 8, 12:00 pm-1:30 pm, Saint John West*  
*Introduction to solids: No sitter? Bring the baby along! Wednesday, November 9, 2:00 pm -3:30 pm, East Point*  
*Healthy Cooking Class with Chef and Dietitian (\$15) Tuesday, November 15, 11:00 am-12:00 pm, Saint John West.* For more information, call: 633-7787 OR Email: [karen.simon@sobeys.com](mailto:karen.simon@sobeys.com) (East Point)  
[maryann.petersgallant@sobeys.com](mailto:maryann.petersgallant@sobeys.com) (Saint John West & Rothesay)

The next issue of *The Wellness Wire* will be delivered on **November 15**. Please submit your items no later than **November 13** to [fundywellnessnetwork@gmail.com](mailto:fundywellnessnetwork@gmail.com)