



The Wellness Wire

a digital resource of the Fundy Wellness Network

Issue 2: November 15, 2016

The following news, activities and events have been shared for this edition (Nov 16 – 30, 2016). Please share among your networks.

- Congratulations to **Rockwood Park**! The City of Saint John park won the Top Attraction award at the 2016 Hospitality Saint John Tourism Awards on Thursday, November 10. www.rockwoodpark.ca
- **KV Santa Claus Parade** takes place on Saturday, November 26 at 6pm. www.quispamsis.ca
- **Quispamsis Annual Christmas Tree Lighting** takes place on Wednesday, November 23 at 6:30-7:30 pm at the Arts and Culture Park. www.quispamsis.ca
- Uptown Saint John's **64th Annual Santa Claus Parade** takes place on Saturday, November 19 at 6PM. Visit www.saintjohn.ca/events for more holiday events in Saint John.
- **Recreation New Brunswick** is hiring for the position of Executive Director. The closing date is November 21. [View the job posting here.](#)
- The **Regional Recreation Plan** for Greater Saint John was endorsed by Saint John Common Council on Monday. [View the plan here.](#)
- Join the **Crescent Valley Resource Centre Walking Club**! Meets every Tuesday at 1:30 PM at 130 MacLaren Blvd. New destinations every week. Snack provided! Contact [Katherine](#) for more info.
- **YOGA and YUMMM!** A ladies night out of yoga and dessert. Friday, November 18 at Yoga Haus in Rothesay. 6:45PM. \$20. [Register now.](#) For more information, contact [Merina Farrell.](#)
- The **2016 Sport NB Summit** will take place November 25 & 26 at the Crowne Plaza in Fredericton. The early bird rate has been extended to November 16. For more information please contact [David Parkhill](#) or www.sportnb.com
- Coming up at the **Agar Work Room**. Contact [Michelle](#) for more information.
Interview Skills Workshop | Monday, November 17 @ 2pm
Resume Writing Workshop | Monday, November 21 @ 10am
Career & Interests Workshop | Thursday, November 24 @ 2pm
- **Sobeys** continues its nutrition events during November.
Cooking for Better Blood Sugars - Breakfast: Tuesday Nov 22nd, 12:00 pm-1:30 pm, Saint John West
Focus on Lunch: Wednesday Nov 30th, 2:00 pm-3:30 pm
Focus on Supper: Wednesday Nov 16th, 11:00 am-12:30 pm, East
Healthy Cooking Class with Chef and Dietitian (\$15)
Wednesday, November 16th, 6:00 pm –8:00 pm, East Point
Wednesday, November 23rd, 6:00 pm-8:00 pm Rothesay. For more information, call: 633-7787 OR Email: karen.simon@sobeys.com (East Point) maryann.petersgallant@sobeys.com (Saint John West & Rothesay)
- The **Fundy Wellness Network** will hold its next **Membership Meeting on December 15** from 9:30PM – 11:30PM at the Saint John Boys and Girls Club. This holiday edition will be a fun networking opportunity complete with a healthy snack demo and spa package door prize! Look for the meeting agenda coming soon.

The next issue of **The Wellness Wire** will be delivered on **December 1**. Note this will be the last issue before returning in January.

Please submit your items to fundywellnessnetwork@gmail.com by November 29.