



# The Wellness Wire

a digital resource of the Fundy Wellness Network

Issue 3: December 1, 2016

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

- Join the **Town of Rothesay** on Sunday, December 4 at 2PM for the Grand Opening of the new trail at Wells Recreation Park (74 French Village Road). Enjoy a family walk and hot chocolate. [Visit the Facebook event page for details.](#)
- The **City of Saint John's 32<sup>nd</sup> Annual Mayor and Council Tree Lighting** will take place Friday, December 2 at 6PM at Loyalist Plaza, next to Market Square. Refreshments will be served. The event kicks off Uptown Sparkles. [www.uptownsj.ca](http://www.uptownsj.ca)
- **Town of Rothesay Mayor's Tree Lighting.** December 15 at 6:30PM. Free public skate. Live music by Mike Biggar, hot chocolate and Santa! [Visit the Facebook event page for details.](#)
- **James Mullinger's Christmas Extravaganza Variety Show** in support of KV Outreach takes place on Tuesday, December 6 at 7:30PM. KV High School. Doors open at 6:30. [Visit the Facebook event page for details.](#)
- The **West Side Community Partnership** is seeking applications for board members to oversee the planning and implementation of a community-led, non-profit organization that will operate the **Carleton Community Centre**. Apply at [www.sjneighbourhoods.ca/cc](http://www.sjneighbourhoods.ca/cc)
- The **KV Walkers 'Two Towns Christmas Stroll'** takes place Thursday, December 15. Meet at the Holiday Dreamland at the Arts and Culture Park at 6:15pm. Walk takes participants along the Old Hampton Highway to the Rothesay Commons. All levels welcome. Flashlights and reflective clothing recommended. Hot chocolate at the Town Hall in Quispamsis after. [Visit KV Walkers on Facebook.](#)
- The **City of Saint John** offers a free **Boxing Day Skate** on Monday, December 26 from 1PM – 3PM at Hilton Belyea and Charles Gorman. Burn off those Christmas calories!
- **Sobeys** is offering a number of nutrition events during December.

Free Taste & Learn Classes

*Holiday Appetizers: Tuesday, December 13, 12:00 pm-1:00 pm, Saint John West*

*Holiday desserts: Tuesday, December 13, 12:00 pm-1:00 pm, East Point*

Healthy Cooking Class with Chef and Dietitian (\$15)

*Thursday, December 8, 6:00 pm- 8:00 pm, Saint John West*

*Wednesday, December 14, 6:00 pm-8:00 pm Rothesay*

5 Secrets to Better Blood Sugars: Tuesday, December 6, 1:00 pm - 2:30 pm, Saint John West

5 Secrets to Better Heart Health: Wednesday, December 14, 2:00- 3:30, Rothesay

Diabetes 101: Wednesday, December 14, 9:30am- 11:00am, East Point

Baby's Introduction to solids: Tuesday, December 20, 10:00am -11:30am, East Point

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 **January 16**. Please submit your items no later than **January 13** to [fundywellnessnetwork@gmail.com](mailto:fundywellnessnetwork@gmail.com)