



The Wellness Wire

a digital resource of the Fundy Wellness Network

Issue 5: March 15, 2017

The following news, activities and events have been shared for this edition (March 15-April 15).
Please share among your networks.

- **New Brunswick's 2017 Wellness Conference** will be held May 10-11, 2017 at the Delta Beausejour in Moncton. For more information, and to access the Conference Program and on-line Registration form, visit [Wellness Conference](#).
- **MARCH Across Canada at the qplex.** During the month of March, record your laps on the qplex walking track. To enter your number of laps for the day visit the qplex Administration Office from 8:00am-4:30pm Monday through Friday or email qplex@quispamsis.ca. Prizes available!
- Nominate a volunteer! **Cheers to Volunteers** celebrates Saint John volunteers in sport, recreation and community development. Deadline is March 24. www.saintjohn.ca/volunteers
- The **27th Curl for Mental Health** takes place on March 18 at Thistle St. Andrews Curling Club. The event promises to be a fun-filled day of curling, lunch for curlers, door prizes and some fantastic items up for auction! Call 633-1705 for more information.
- The **Canadian Mental Health Association of New Brunswick in Saint John** is now accepting registrations for **Hope & Healing: Coping with the Suicide of a Loved One**. Begins March 28 (10 weeks).
- The **North End Wellness Centre (NEWC)** proudly presents: **"Let's Talk about Food and then Move!"** Learn to live well and be active with advice from our nurse practitioner, dietician and senior fitness instructor. Every Tuesday | March 14-May 2 | 3:00- 4:30pm at the Nick Nicolle Community Centre | 85 Durham Street. Call 649-2704.
- The **Saint John Sports Hall of Fame** is accepting nominations for its 2017 induction. Nominate your local sport legend from Greater Saint John. www.saintjohn.ca/shof
- **Coming Up at the Work Room | 1 Agar Place | 658-5580**
 - Monday, March 20 at 10am | Resume Writing Workshop*
Learn how to write a great resume!
 - Thursday, March 23 at 2pm | Career & Interests Workshop*
Discover how to identify your interests and learn which careers are a match!
 - Monday, March 27 at 10am | Resume Writing Workshop*
Learn how to write a great resume!
 - Thursday, March 30 at 2pm | Social Media & Your brand*
Discover how the look and feel of your social media affects your brand!

The next issue of **The Wellness Wire** will be delivered on **April 13**. Please submit your items no later than **April 11** to fundywellnessnetwork@gmail.com