



The Wellness Wire

a digital resource of the Fundy Wellness Network

Issue 6: April 18, 2017

The following news, activities and events have been shared for this edition (April 18 – May 15). Please share among your networks.

- **Saint John Spring Registration Expo** will be held Thursday, April 20 | 6:30pm – 8:30pm | Saint John Trade and Convention Centre. Find out about all the sport, recreation, art and educational activities available for the spring and summer. Information : 635-2022.
- **Quispamsis Spring Expo** will be held Tuesday, April 25. Visit www.quispamsis.ca for more information.
- **50+ Friendship Games Registration** is now open. The games will be held June 5-9 in Saint John and Quispamsis. Registration forms are available online at www.quispamsis.ca or call the Seniors' Resource Centre at 633-8781.
- **A Day in Her Shoes** in support of Canadian Mental Health Association – Saint John will be held on Wednesday, May 3 at 5:30 pm | Market Square Atrium. [Purchase Tickets at Eventbrite.](#)
- **Grant Applications** are being accepted for the City of Saint John Community Grants Program. Deadline is May 1. Visit www.saintjohn.ca/grants.
- A **50+ Seniors Expo** will take place April 22 from 2pm – 4pm at Silver Falls Church.
- **Canada 150 Play List!** Have you [registered your event or program](#)? Applied for [grant funding](#)? Well get moving already!
- **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](#).
- **Coming Up at the Work Room | 1 Agar Place | 658-5580**
 - Thursday, April 20 at 2pm | Career & Interests Workshop*
Discover how to identify your interests and learn which careers are a match!
 - Monday, April 24 at 10am | Resume Writing Workshop*
Learn how to write a great resume!
 - Thursday, April 27 at 2pm | Researching Career Prospects*
Learn how to research different career options.

The next issue of *The Wellness Wire* will be delivered on **May 15**. Please submit your items no later than **May 12** to fundywellnessnetwork@gmail.com