



# The Wellness Wire

a digital resource of the Fundy Wellness Network

Issue 7: May 15, 2017

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

- **The Fundy Wellness Network AGM will be held June 15 from 9:30am – 11:30pm at Brundage Point River Centre. There board currently has two vacancies for members at large. Contact [Sylvie.Poulin@gnb.ca](mailto:Sylvie.Poulin@gnb.ca) if you are interested in serving.**
- The Work Room is hosting **Funding Options for Post-Secondary** – an information session for students and parents. Monday, May 15 at 6pm in the mini-theatre of Saint John High. Call 658-5580 for more information.
- Celebrate Saint John's Official Birthday. **Loyalist Day Celebrations** take place on May 18 at 10am – 12pm at Market Square. Cake and entertainment followed by a 21-gun salute.
- Clean up with the **Green Machine**. The Green Machine is a 14' trailer equipped with all the essential tools for your community clean up. Great activity for youth groups, schools, churches and neighbourhood associations. Book by calling 658-4521 or [saintjohn.ca/greenmachine](http://saintjohn.ca/greenmachine).
- **Register or the 50+ Friendship Games Registration** by May 24 for the 2017 Games are being held in Quispamsis and Saint John during June 5 - 9 .Registration forms are available online at [www.quispamsis.ca](http://www.quispamsis.ca) or call the Seniors' Resource Centre at 633-8781.
- Join us for **Canada 150 KV CommUNITY Trail Adventure** on June 10. Begin at the qplex at 9am with a morning beverage and snack at the qplex, and finish with a true Canadian lunch and at Rothesay's Bill McGuire Centre. For more information visit us on Facebook or register on Eventbrite.ca.
- The City of Saint John will be hosting its annual **Summer Playground Program**. Free daily recreational programs will take place at locations throughout the city from June 26 – August 18. Visit [www.saintjohn.ca](http://www.saintjohn.ca) for more information.
- **Canada 150 Play List!** Have you [registered your event or program](#)? Applied for [grant funding](#)? Well get moving already!
- Coming Up at **The Work Room** | 1 Agar Place | 658-5580  
*All Workshops are free and all are welcome! Please phone, e-mail or drop in to register!*
  - Monday, May 15th at 10:00am in the Agar Work Room  
*Resume Writing Workshop | Learn how to write a great resume!*
  - Thursday, May 18th at 2:00pm in the Agar Work Room  
*Researching Career Prospects | Learn how to research career options!*
  - Thursday, May 25th at 2:00pm in the Agar Work Room  
*Social Media & Your Brand | Discover how the look and feel of your social media affects your brand!*
  - Monday, May 29th at 10:00am in the Agar Work Room  
*Resume Writing Workshop | Learn how to write a great resume!*

Submissions for **The Wellness Wire** can be sent to [fundywellnessnetwork@gmail.com](mailto:fundywellnessnetwork@gmail.com)