



The Wellness Wire

a digital resource of the Fundy Wellness Network

Issue 9: July 15, 2017

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

- **Yoga on the Water:** Join the Town of Quispamsis and Amana Yoga for the second of three free-of-charge sessions. Tuesday, July 18th | 7pm | Meenan's Cove Park (Rain date: July 20th)
- Join Del Worden for some crowd favourites as he performs at the Carleton Community Centre for **Music in the Park – West Side Edition**. Tuesday, July 18 at 12 noon. Refreshments available. In the event of rain, the concert will move inside.
- **Passport to Parks** continues at various City of Saint John parks. [Check out the 2017 schedule.](#)
- **Music in the Park - Quispamsis** takes place Tuesdays 7PM - 8PM. Bring your lawn chairs and enjoy a concert at the Arts & Culture Park free-of-charge. Special thanks to Teed Saunders Doyle for their partnership with the Town of Quispamsis. Rain location: qplex Conference Centre (Alpine and Moose Light rooms). For more information, visit www.quispamsis.ca.
- **Music in the Park – Waterloo Village** takes place Monday evenings at Chown field, from 7PM – 8PM. Bring a lawn chair. Canteen on site. Rain location at 656 Brunswick Drive. Runs until August 8th.
- **Movies in the Park** takes place every Friday at dusk at the [Quispamsis Arts & Culture Park](#). Bring your lawn chairs and enjoy a movie free-of-charge and with complimentary popcorn. (Rain location: Quispamsis Town Hall Council Chambers) www.quispamsis.ca
- **Movie Nights** also take place every Friday at the [Brundage Point River Centre](#) in Grand Bay-Westfield. Visit www.town.grandbay-westfield.nb.ca/movie-nights for more information.
- The **NB 55+ Games** will take place in Hampton and Sussex in September. Registrations will be accepted until August 15. Visit www.nb55plusgames.ca, email: nb55plusgames2017@gmail.com, or call 1– 888-245-9155.
- Join Horizon Public Health, AIDS Saint John to raise awareness of **World Hepatitis Day**. A Free Community BBQ takes place Thursday, July 27, 2017 (rain date July 28th). 11am-1pm | Corner of Cliff Street and Waterloo.
- **New Brunswick Day Amazing Race** is a free New Brunswick Day Event hosted by the Quispamsis Community Services Department and suitable for the whole family! PIT STOPS will be located throughout the trails where families can take a break and enjoy a healthy snack! Each completed challenge will give you a ballot to WIN one of the prize packages! Visit Eventbrite for the team registration form (deadline July 30) and additional information. Team registration is limited so register soon.
- Coming up at the **Agar Work Room** | 658-6680
All Workshops are free and all are welcome! Please phone, e-mail or drop in to register!
[Resume Writing workshops](#)
Mondays, July 17 & 24, 10:00am | Learn how to write a great resume!
[Business Services Centres Multi-Employer Career Fair](#)
Tuesday, July 18th 1:00-3:00pm | Multiple employers will be onsite to recruit!
[Researching Career Prospects Workshop](#)
Thursday, July 20th, 2017 at 2:00pm | Learn how to research the careers that you are interested in!
[Social Media and your Brand Workshop](#)
July 27th, 2017, 2:00pm | This workshop teaches you how the look and feel of your social media affects your brand.

Submissions for *The Wellness Wire* can be sent to fundywellnessnetwork@gmail.com