

May 2008: Calendar of Events

Golden Women's Resource Centre Phone: 250-344-5317 Fax: 250-344-2565

www.goldenwomencentre.ca

"There is no way to be a perfect mother, and a million ways to be a good one."

-Jill Churchill



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Noon: A discussion on Mental Health, MaryLynn Lewis and Vicci Kennedy	6 7 PM: Creating with Clay Sarah Wegelin and Roni Beauregard	7	8 Noon: Artist's Way Sarah Osadtez	9	10
<u>Mental Health Week: Mental Health: Making it your Business May 5 - 11</u>						
11 Mother's Day!	12 <u>Noon:</u> <u>An</u> <u>Ayurvedic</u> <u>Approach to</u> <u>Cleansing</u> <u>Dalia Yanai</u>	13 7 PM: Get Involved, Make A Difference, Run for Town Council! Caemen Gustafson And Christina Benty	14	15 Noon: Journal Writing Sarah Wegelin	16	17
18	19 Noon: <u>You are</u> <u>More than you eat</u> <u>An introduction</u> <u>To</u> <u>transformative</u> <u>Nutrition</u> <u>Tammra Green</u>	20 7pm: Sushi Workshop with Nina Mitchell ** \$7 fee	21	22 <u>Noon:</u> <u>Developing a</u> <u>Life Wheel</u> <u>Leslie Adams</u>	23	24
25	26 Noon: Get Involved, Make a Difference, Run for Town Council! Carmen Gustafson and Christina Benty	27 7pm: Creating With Clay Pt.2 Sarah Wegelin Roni Beauregard *held at Canyon Creek Pottery	28	29 Noon: Reflexology Marija Spehar	30	31

All events are free, unless otherwise noted. All events are held at the Women's Centre, unless otherwise noted. Tuesday events are held at 7 PM. Please visit our website or call 344.5317 for more info.