

Granisle Community Health Centre Event Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3:15 – 3:45pm Exercise group</p> <p>Aging backwards 1:00 – 2:00pm</p>	<p>3:15 – 3:45pm Exercise group</p>	<p>3:15 – 3:45pm Exercise group</p>	<p>3:15 – 3:45pm Exercise group</p>	<p>11:00-12:00PM Exercise group</p>
<p>1st Monday of the month – pot lunch with health discussion - 12:00</p>	<p>Mental Health Clinician</p>	<p>Nurse Practitioner 9am-12pm. Call for an appointment</p>	<p>Nurse Practitioner 9am – 3:30pm. Call for an appointment</p>	
	<p>Babine Lake Health and Wellness Group - Last Tuesday of the month 9:30 – 10:30am</p>	<p>Weight loss group 2:00 – 3:00pm</p>	<p>Laboratory Open For blood work and samples from 8:30am-2:00pm Drop-in, first come first served ☺</p>	
<p>Good Food Box \$15 due by the 27th of each month, for home delivery the 2nd Tuesday of the following month.</p>	<p>1st & 3rd Tuesday of the month Peer Support Group Soup & Social 12:30 – 2:30pm</p>	<p style="text-align: center; font-size: small;">Calendar effective as of February, 11 2016</p>	<p>Life skills 1:00 – 2:30pm</p>	<p>Please note: Health Centre hours are from 8:30am to 12:00pm and 12:30pm to 4:00pm Monday to Thursday. Fridays are from 8:30am to 12 pm. Phone # 250-697-2251</p>