

A Little Bit of Wellness . . .

November is Diabetes Awareness Month
Get active, make a positive change, and help end Diabetes.

For more resources on wellness,
visit www.myinconfidence.ca
User ID: GNB
Password: inconfidence

Boost your
memory

by staying active
and keeping your
mind active

Bear in mind
that healthy
eating habits
should be
built around a
healthy lifestyle

Create lasting
memories through
building strong
relationships
and good
communication

Commemorate and honour the men and women who have served and continue to serve Canada in war and peace by wearing a little red poppy this Remembrance Day. Check out the date and times for your local services by contacting your local branch of the Royal Canadian Legion.