

MÉTIS NATION OF ONTARIO  
COMMUNITY EVENT

# TRADITIONAL SELF-CARE/STRESS MANAGEMENT DAY

Activities will involve self-care kits  
and teachings about sacred medicines,  
essential oils (Aromatherapy) and crystals

9:30 am -2:00 pm, April 16  
Métis Nation of Ontario office  
46 King St. 2<sup>nd</sup> Floor. Welland.

Pre-registration required by April 11

For more information and to register please call:

TerryLynn at 905-735-1112 ex. 308



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