

GET YOUR BENEFITS

AT THE
HEALTH &
WELLNESS

FAIR

Nov. 13th @ 11:30am - 3pm
Town Centre

**FREE LUNCH
LOTS OF PRIZES**

Prairie Mountain Health is partnering with Healthy Brandon, Service Canada, SERC, AFM, Rana Medical and Westman Immigrant Services to bring you a FREE event.

There will be multiple health stations to visit and learn from.

The following stations will be available:

- Sexual Health & Testing
- Nutrition & Healthy Eating
- Height, Weight, Blood Pressure Checks
- Mental Health Services
- Addiction Treatment Information
- Help with quitting smoking
- Breathing Tests (COPD/Asthma)
- Midwifery Services
- Service Canada - ID/SIN numbers
- Cancer screening
- Women's Resource Centre

CONTACT US

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**A HEALTHY OUTSIDE
STARTS FROM THE INSIDE.
YOUR HEALTH IS IMPORTANT!**

Healthy
BRANDON
www.healthybrandon.ca

SERC
SEXUALITY EDUCATION
RESOURCE CENTRE-MB

RANA

WESTMAN
IMMIGRANT SERVICES

afm
ADDICTIONS
FOUNDATION
OF MANITOBA

PRAIRIE MOUNTAIN HEALTH
SANTÉ PRAIRIE MOUNTAIN

Service
Canada