



Victoria Community Health Co-op (VHC)
Serving and supported by our Member-Owners and Community
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victoriahealthcooperative.ca facebook.com/victoriahealthcooperative



“No-Touch” Wellbeing Sunday

Sunday, May 24th

1-3pm

Join us by phone, tablet, or laptop!

Join us for our second "No-Touch" Wellbeing Sunday event - virtually via Zoom video conference! Victoria Health Co-op members and friends will share brief introductions to health and wellness topics and practices and will dive in for a Q&A discussion with all guests. To register for the webinar, visit our homepage to find the event details or check out the “Events” on www.victoriahealthcooperative.ca

Meet the wonderful Victoria Health Co-op members, community members and friends who will share brief introductions to useful information on a range of health and wellness topics and practices, and will be available for questions and general discussion:

- **Connecting with the Land:** Led by Jennifer Apedaile, Registered Acupuncturist. "Finding our connection helps us to remember we are not alone."
- **Wellbeing is your Birthright:** Pete will be back to remind us that we can find Inner Peace in the midst of anything.
- **FED Victoria (Food Eco District Victoria):** Holly Dumbarton share how FED is "building a downtown district that celebrates food & sustainability."

ACTIVITY / STRETCH BREAK

- **Learning the Ropes:** Beth will give her expert guide to navigating the BC Healthcare System.
- **Fort Royal Pharmacy:** Abi will remind us about the outstanding services available from our partner in health.
- **Breathing for Relaxation:** Join Kathryn Kusyszyn, Registered Yoga Teacher, Reiki Master and Lifestyle Design Coach in observing our breath to calm ourselves.

VHC's adaptation to COVID-19: Vanessa will give an update on the VHC's activities. Thanks to Garth McBride for his thorough explanation of the COVID-19 Principles (found on our website!)

Our Members are excited to further connect and educate our community with this new online event. Please consider donating if you can to help support upcoming VHC programs, and mark your calendars for our next **“No-Touch” Wellbeing Sunday via Zoom on Sunday, June 28 from 1 – 3pm!**

The **Creating Community Wellness Society**, CRA 833835457 RR 0001, supports health and wellness work of the VHC and others. To donate click the button on www.victoriahealthcooperative.ca or mail to c/o 1-380 Cook St, Victoria, V8V 3X7.

Please let us know if you would like a charitable donation receipt. Thank you!