



FORT GARRY WOMEN'S
RESOURCE CENTRE

WE NEED YOUR INPUT

In the Development of our
Workshops for Women!



Fort Garry Women's Resource Centre has received funding from Neighborhoods Alive! Localized Improvement Fund for Tomorrow (LIFT) program to coordinate up to 25 Workshops for Women – Topics to be based on **YOUR INPUT!**

*Workshops will provide women with important health information, practical skills, and resources for **FREE** starting late Spring 2014 focusing on areas of: Nutrition, Food, Physical Health, General Health & Wellbeing!*

To participate in our short survey (4 easy questions) to provide your input in helping us develop our health project -

Please visit:

www.fgwrc.ca

All Workshops will Include: Childcare Bus Tickets Healthy Snacks Giveaways/Draws !!!