

## Healthy Living Activities



Healthy cooking classes will be held at the Sandy Hill Community Centre, 221 Nelson St. on the first Tuesday of the month from 3 to 5pm. The class will be a part of the healthy life styles initiative, helping you nourish your body with simple and inexpensive recipes.

Head to Toe Spa Day, January 29<sup>th</sup> at the Centre. Come in and get a mini facial, soak your nails in epsom salts and treat your dry winter skin to some sweet smelling moisturizer.

Relax....enjoy.... spoil yourself.

Warm up by the discussion on healthy loving on Monday February 8<sup>th</sup> from 1-3pm. Just in time for the universal holiday of love!



Get some exercise and get out on the canal with your friends at the Centre. Skate, walk or roll it doesn't matter, as long as you get that body moving!