

**SD22 WELLNESS
COMMITTEE PRESENTS**

SPEAKER SERIES

**LOCATION: COLDSTREAM
COMMUNITY HALL**

9909 Kalamalka Lake Road

FOCUS OF THE PRESENTATION IS:
"Mental Health: Understanding Stress and Anxiety"



Speaker :

DR. NICOLE LEGG

Thurs., Nov. 26

6:30-8:00 PM

SCAN THE QR CODE TO RSVP



Door prizes, snacks,
and refreshments are
provided.