



Healing and Wellness

ALL-FEMALE STRETCH & BREATHE WITH MNO!

Join us for a virtual stretching session with Metis Nation of Ontario Healthy Babies Healthy Children Coordinator Daniella Sherman.

Come relax, stretch your body, and focus on breathing and connecting with your body for 35 minutes.

This class is appropriate for women of all ages. Your body will thank you for taking care of it. Event will include raffles!

Date:

Tuesday, February 16th, 2021 - 11am - 11:35am

Please RSVP to the contact below to reserve your spot and receive your link to the virtual workshop!

TO RSVP, CONTACT:
Danni Sherman |
daniellas@metisnation.org

Métis Nation
of Ontario 

