Immigrant Women's Health Program

Learn how to access the BC health care system and share this information with your family.

Topics:

- Nutrition for Women
- Hot Yoga
- BC Health System
- Protect Your Back - Maintain Your Spine Health
- Hypertension & Stroke
- Tai Chi – Integration of Mind & Body

For more information or to register call 604-988-2931.
In Cantonese/Mandarin:

Ting Ting 604-973-0468 or tingr@nsms.ca
Rosanna 604-973-0464 or rosannan@nsms.ca

This program is government funded and free of charge

NORTH SHORE MULTICULTURAL SOCIETY

Details

- 6 sessions (Tuesdays)
- Health & wellness information for ourselves and our family
- Confidence & motivation to access health services
- Social network & support

Workshops presented in Mandarin, or English with support in Mandarin

Location

North Shore Multicultural Society
Classroom 9
207-123 East 15th Street
North Vancouver

Tuesdays
12:15 – 2:15 pm
October 24, 31
November 7, 14, 21, 28

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www.nsms.ca
www.facebook.com/nsmsbc

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