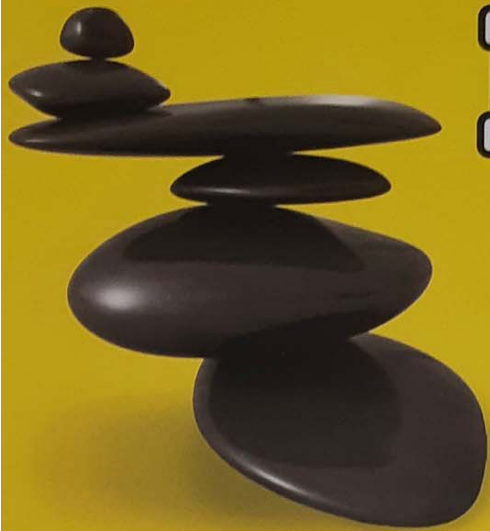


# Health, Wellness & Recreation Fair



# Mind Body Spirit

**Saturday March 23, 2019**

**10:00 am to 3:00 pm**

The Aud, Simcoe Fair Grounds

**FREE to the public**

Representatives from: social service, recreation, health, fitness, leisure & wellness providers, clubs and businesses

Contact the **Wellness & Recovery Centre** for information

**519-428-0580 x 5 or 1-877-909-4357 x 5**

St. Joseph's  
Healthcare Hamilton



Community Addiction and Mental Health Services of Haldimand and Norfolk  
**Achieve Mental Health  
Wellness & Recovery Centre**



**CAMHS**  
Community Addiction and Mental Health  
Services of Haldimand and Norfolk



**Bowen & Niromathé Therapies**  
The Gateway to Your Health



**COMMUNITY  
Legal Clinic**  
Brant Haldimand Norfolk



Snack bar sales by **Kerry's St. James St. Eatery**