



# SERVICE PROVIDER WELLNESS DAY

The Métis Nation of Ontario will be hosting its 4th annual Service Provider Wellness Day. This is our way of thanking all our community partners for the hard work they do. We invite you to come and relax and learn about culture through various workshops. Workshops to choose from: Therapeutic Touch, Yoga, Beading, Medicine teaching as well as a basic intro to makeup!

Light snacks and refreshments will be served. Please register as space is limited to the first 30 service providers!

**Friday, November 24**  
**12:30 - 4:30 pm**

Métis Nation of Ontario  
629 Division Street  
Kingston

Please register by November 17 at 5pm by contacting:

**Brittany Maracle**  
MNO Community Support Services Coordinator  
613-549-1674 x304  
brittanyma@metisnation.org

**Samantha Alkenbrack**  
MNO Community Wellness Coordinator  
613-549-1674 x 311  
samanthaa@metisnation.org



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