

# 4th Annual KATAROKWI INDIGENOUS DAY OF WELLNESS

## Events include:

- Reflexology
- Sacred Fire
- Seer
- Traditional Medicines
- Flu Shots
- Corn Husk Doll Making
- Massage
- Wild Game Stew
- Children's Activities
- Food and MORE!

**FRIDAY OCTOBER 26TH,  
2018**

Rideau Heights Community  
Centre, 85 MacCauley St.

Noon - 6pm

**FREE ADMISSION**

*Bring a feast basket and stay for the  
harvest giveaway!*



Brought to you by:

