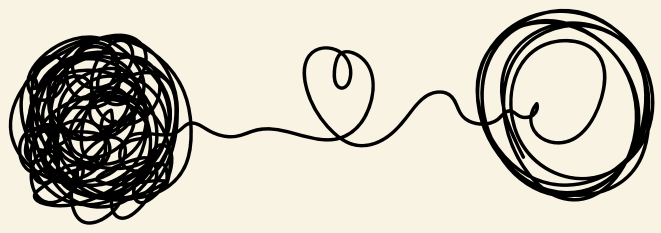




WEEKLY NEWSLETTER



This coming week at the Studios Jan 20th - 25th



Free!

FRENCH TOAST BREAKFAST

Join us for French Toast breakfast Monday
No Cost drop-in style breakfast
9:30am - 10:30am or while supplies last

**20TH
JAN
2025**



LOCATION: CMHA LEARNING STUDIOS 433 HUDSON AVE

SOCIAL REC

YOGA



WHERE : GRATITUDE YOGA

TIME: 12:00 PM

DATES: JAN 7, 14 & 21
FEB 4, 11 & 18

*Please meet at the CMHA studio by 11:30 AM or 11:45 AM at
Gratitude Yoga.*

Late entries cannot be accommodated.

Spots limited to 12 people only.

*Sign-up is mandatory—call 778-946-0207 or visit us in person the
Monday before class .*





Join us for

Wellness Wednesday

Time : 10:00 am - 11:00 am

Location : CMHA Studios

Jan 8 & 22- Laughing Yoga With Iva Clark

Jan 15 & 29- Guided Meditation With Caley

Sign up is mandatory; please contact
778 946 0207 or stop in person.



ART

- **MAKING A SKETCHBOOK
AND
LEARNING FUNDAMENTALS OF
SKETCHING & DRAWING**

WITH
JENNIFER CHERNECKI

WHEN: JAN 16TH, 23RD & 30TH

TIME: 1:00-2:30PM

LOCATION: CMHA STUDIOS

SIGN UP IS MANDATORY; PLEASE CONTACT 778 946 0207
OR STOP IN PERSON.
LIMITED TO 12 SPOTS

SOCIAL REC

COOKING

POUTINE

On Tuesday, **Jan 28th**,
from 1 to 2:30 PM at CMHA
Studios.

Don't forget to wear
closed toe shoes.



Spots are limited,
To secure your spot,
please contact the
Studios at 778 946 0207
on or before Jan 24th.

Let's cook together on the
last Tuesday of every month.
Remember to check with staff for allergy
information.



Canadian Mental
Health Association
Shuswap-Revelstoke
Mental health for all



CMHA
Learning Studios
SHUSWAP - REVELSTOKE