



# HONOUR YOUR HEALTH 6 WEEK SERIES

Thursdays

May 2, 9, 16, 30

June 6, 13

12-2 pm

Join us for this exciting, weekly health series where we will gather for lunch, knowledge sharing and traditional crafts with special guests

Bus Tickets Provided

Call Reception to Register 250-384-3211

The Victoria Native Friendship Centre



**May 2**

**Food and Culture**

**May 9**

**Medicinal Salves**

**May 16**

**Feather Beading**

**May 30**

**Feather Beading**

**June 6**

**Medicine Bags**

**June 13**

**Medicine Bundles**

**THE VICTORIA NATIVE  
FRIENDSHIP CENTRE**

**231 REGINA AVE  
250-381-3211**

**[www.vnfc.ca](http://www.vnfc.ca)**