

ALL AGES
WELCOME!

HEALTHIER AND HAPPIER

JUNE 9TH @ 6:00PM ST. LOUIS SENIOR CENTRE



\$8 pre-register \$10 at the door, Contact Lorena @ 306-422-8459

Join Health Coach Mallory in this workshop designed to guide you towards a happier and healthier state of being. Learn ways to eat healthy through food sampling and how to stay that way with take home recipes and handouts. We will discuss chronic inflammation and how it contributes to many states of dis-ease found in today's health care system. You will discover the path to reducing inflammation in your life, learn ways to improve your overall health, increase energy levels, aid digestion and calm arthritis.

Supported By:

- Rita from Elite Chickens
- Betty from Obsession Greenhouses
- Brad from St. Louis Meats
- Curtis from UnBerry Believable Farms (market gardens)
- Mary from Mary's Berries

SPONSORED BY ST. LOUIS'S ST. JOSEPH'S
SENIORS CLUB



It is becoming increasingly clear that chronic inflammation is the root cause of many serious illnesses" – Dr. Andrew Weil

ST. LOUIS CHUCKWAGON RACES

Saturday - May 30 at 2:00 pm and 6:00 pm

Sunday - May 31 at 1:00 pm and 4:00 pm with

Beer Garden and Food Booth

Adults \$7.00 and Children \$5.00 per day

Sponsored by St. Louis Lions Club

Ray 306-961-2901

ST. LOUIS COMMUNITY GARAGE SALE

Saturday, May 30 from 8:00 am to 3:00 pm

Through out the Village.

The Senior Centre will be renting tables for \$10,

Selling 50/50 tickets,

Homemade baking for sale plus food

and beverage counter. Contact Marie 422-8451