

# Awo Taan Healing Lodge Society's Parent Link Centre



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# FEBRUARY 2010

Calgary Transit Bus Route 6/106, 414 & Route 17

parentLINKcentre

Government of Alberta



Sunday	Monday	Tuesday	Wednesday	Thursday	Fri day	Saturday
	<b>1 NEW PROGRAMS!</b> Parents & Tots Workouts 9:30am! Empowering Parents 12pm (lunch included)	<b>2 Beading &amp; Sewing</b> Starts at 9:30am 	<b>3 HEALING CIRCLES</b> Men's @ 10:30AM Women's @ 1:30PM Lunch Provided @ 12pm	<b>4 Free Bread 11am</b> 	<b>5 Family Drop In and Social All Day</b>	<b>6</b>
7	<b>8</b> Parents & Tots Workouts 9:30am! Empowering Parents 12pm (lunch included)	<b>9 Beading &amp; Sewing</b> Starts at 9:30am 	<b>10 HEALING CIRCLES</b> Men's @ 10:30AM Women's @ 1:30PM Lunch Provided @ 12pm	<b>11 Free Bread 11am</b> 	<b>12 Fun for kids &amp; parents!</b> Valentine's cards and crafts making! Starting 12pm	<b>13</b>
<b>14 Happy Valentine's Day</b> 	<b>15 FAMILY DAY</b> Office Closed	<b>16 Beading &amp; Sewing</b> Starts at 9:30am 	<b>17 HEALING CIRCLES</b> Men's @ 10:30AM Women's @ 1:30PM Lunch Provided @ 12pm	<b>18 Free Bread 11am</b> 	<b>19 BINGO</b> STARTS AT 1PM	<b>20</b>
	<b>22</b> Parents & Tots Workouts 9:30am! Empowering Parents 12pm (lunch included)	<b>23 Beading &amp; Sewing</b> Starts at 9:30am 	<b>24 HEALING CIRCLES</b> Men's @ 10:30AM Women's @ 1:30PM Lunch Provided @ 12pm	<b>25 Free Bread 11am</b> 	<b>26 Family Drop In and Social All Day</b>	<b>27</b>
<b>28</b>	<p align="center"><b>Diabetes is a major health problem for Native People</b></p> <p><b>What is diabetes?</b>                      Diabetes means that your blood sugar is too high. Your blood always has some sugar in it because the body needs sugar for energy to keep you going. But too much sugar in the blood is not good for your health. Diabetes is NOT contagious. Just because a friend or family member has diabetes, it does not mean you can "catch it" from them!</p>					

