

PICS Settlement Department Presents

Health & Wellness

A workshop covering topics such as nutrition, sleep, exercise and having resilience while undergoing stress.

DATE: Thursday, Oct 26, 2023

TIME: 10:00 AM to 12:00 PM

PLACE: PICS Head Office

205, 12725 - 80th Ave, Surrey, BC



PR Card Holders Only

Free Child Minding Available

REGISTER NOW

**Mukhwinder Rangri
604 - 596 - 7722 ext. 120**



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