

# February 2019

**Soda Creek Health Station Events Calendar**  
 Call 250-989-2355 for Appointments  
 Medical travel rides must be booked on Monday  
 For Wednesday's Travel

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Nurse Practitioner 10-3	5 ADP Luncheon Integrative Healing Session w Ciel 8:30-2:30	6 SCIB Travel Mental Health Clinician 10-2	7 Integrative Healing Session w Ciel 8:30-2:30 Yoga 12-1	8 Movie Night Gym 4-8pm	9
10	11 Nurse Practitioner 10-3 Fitness Night 5-6:30	12	13 HCC Travel Mental Health Clinician 10-2 Open Gym Night 4-7 pm Gym	14 Integrative Healing Session w Ciel 8:30-2:30 Ask Aunty 4-6	15 Integrative Healing Session w Ciel 8:30-2:30 Yoga 12-1	16
17 Winter Wellness Fun Day 12-6pm Gym	18 Family Day Statutory Holiday Office Closed	19 ADP Luncheon	20 SCIB Travel Mental Health Clinician 10-2	21 Integrative Healing Session w Ciel 8:30-2:30 Lunch & Learn: Understanding Cancer 12-1 Ask Aunty 4-6	22 Integrative Healing Session w Ciel 8:30-2:30 Yoga 12-1	23
24	25 Nurse Practitioner 10-3	26	27 HCC Travel Mental Health Clinician 10-2 Open Gym/ Fitness Night 4-7 pm	28 Integrative Healing Session w Ciel 8:30-2:30		