

nēwo

STEPS PROGRAM



★ *Healthy for Life* ★ *Keep Fit during the Four Seasons* ★ *Holistic* ★

Program Information

nēwo steps program runs every thursday starting on February 11, 2010

Time: 10:00am - 12:00pm
Where: Saskatoon Indian & Métis Friendship Centre
 168 Wall Street

Program is Free
Everyone is welcome
Healthy snacks provided

for more information contact Jen at 244-0174

