



SNAP North York

# SPRING INTO HEALTH!



Illona, Brenda, Helen, Lottie, Marion, Henrey & Vera



Ruth, Nadya, Sharon & Galit

The Bernard Betel Centre hosted its Spring Into Health 2011 Annual Wellness Fair, sponsored by Bayshore Home Health & Reliable Independent Living Services. The fair offered information Booths to provide instruction on how to connect with Agencies and Local Health Practitioners and also featured giveaways, refreshments and a fun raffle with live piano music by Mikhael Khinkis. Many people attended to participate in health-oriented workshops such as Zumba dancing, Gardening for the Soul with Shores Jewish Environmental Programs and a Meditation Workshop with Metamorphosis Psychosomatic Clinic. With so much to choose from, the day was guaranteed non-stop fun for all!

*Event by Bailey Horenfeldt  
Event code: pe943y*

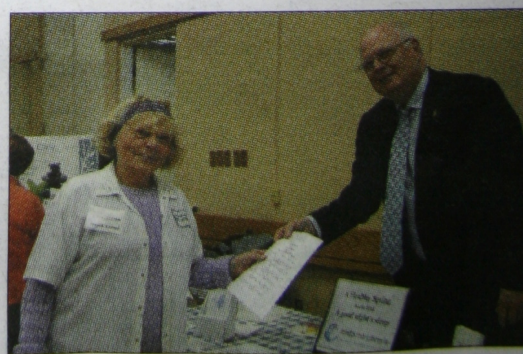


Nadya Zukowski, Bernice Goldhar from the Wellness Chair Committee & Margot Glatt

## **"2011 Annual Wellness Fair at Bernard Betel Centre"**



Sylvia Pollock, Shirley Burke & Kyla Landon from Shoresh



Selma Grant & George Laceby from Metamorphosis