



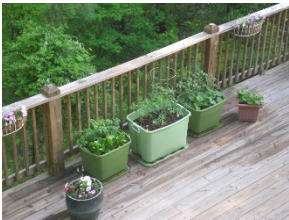
“FOOD CONNECTS US ALL”

Health Forum in Alert Bay
Saturday May 7th

Where: Namgis Council Hall, Front Street

Time: 9:30am – 2:30pm

EVERYONE WELCOME!



Learn about initiatives throughout Mount Waddington that are addressing food security, talk with local people who are taking positive steps to create healthy food options in Mount Waddington.

Meet residents who food share, participate in community gardens, teach cultural food sustainability, and who care deeply about working towards affordable, healthy food for all North Islanders.

Discuss ways to meet our challenges- share your Ideas and concerns. Help us support and encourage food sustainability throughout our region.



There is no cost
Lunch provided

For those of you coming from out of town:

- Take 8:40am Ferry from Port McNeill to Alert Bay (walk on if able)
- The Council Hall is ½ block to the left from the Alert Bay Ferry terminal. Rides will be available for those with mobility issues
- You will return on the 3:00pm ferry to Port McNeill

For more information, or help to get there contact the Mount Waddington Health Network Coordinator at 250-956-3301 or email mwhncoordinator@rdmw.bc.ca