

Wellness Fix

- **Health**
- **Recipes**
- **Food**

- **Health**

1204, 2019

Walking Poles: A Healthy Idea BUT.....WHAT ARE THOSE THINGS?

2702, 2018

Signs of a Stroke

702, 2017

Oral Health

1408, 2018

Heart Health

3005, 2012

Diabetes

• Recipes

**Walking Poles: A Healthy Idea
BUT.....WHAT ARE THOSE THINGS?**

Signs of a Stroke

Oral Health

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Diabetes

• Food

Whole Grain

Whipped Cream Topping Lightened

West Vancouver Christmas Party

Walking Poles: A Healthy Idea

BUT.....WHAT ARE THOSE THINGS?

Vegetables

Vanilla Milk Alternatives Compared to 2 Percent Milk

Turkish Chopped Salad with Pomegranate Arils

Tortilla Spirals

Tortilla Baked Crackers

Tomato and Onion Salad

The Best Corn Chowder

Test

Susan's Carrot Soup with Ginger

Spicy Orange Salad, Moroccan Style

Spiced pears and pomegranate

Soy Nuts

Soy

**Site Coordinator for Silver Harbour
Featured on the Cover of the 2018 Seniors
Directory**

**Site Coordinator for North Shore
Neighbourhood House featured during
Volunteer Week in April**

Signs of a Stroke

Senior Service Providers Expo

Salmon Soufflé

Salmon

Recipe Orange Salsa

Ratatouille

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