



YMCA-YWCA of the  
National Capital Region

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région de la capitale nationale

# Morning Break Program 2020

St. Martin's Church | All Welcome

2120 Prince Charles Road, 10:30 AM Fellowship Room

Contact Dorothy Young at 613 722-0587

- 7 Jan Opening Session.
- 14 Jan Pam Midgely - owner of Westboro Granola will talk about the business she has created.
- 21 Jan Gina St. Amour - Ottawa Rotary Home. Helping to improve the quality of life of caregivers and individuals with disabilities.
- 28 Jan Risa Mallory is a volunteer advocate certified by the Canadian Women's Heart Health Centre at the U of O Heart Institute.
- 4 Feb Amy Friesen & Jean Johnston-Mckitterick from Tea and Toast. Complimentary service for retirement living search.
- 11 Feb Return visit from 'Grateful We're Not Dead'- music to beat the February blahs!
- 18 Feb Pre-end of session party.
- 25 Feb Heather Austin-Skaret - Wills and Powers of Attorney Part II.