Welness

Power Through Collective Action:

Good Health is Our Right!







GOMBEYS!



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Location: Front Street, Hamilton

Time: 1:00 pm - 4:00 pm

FREE:

- Delicious infused water
- Food demonstrations with recipes
- Giant games and Bouncy house
- Enjoy gig rowing
- Health Screenings

Food to Purchase!

Spin to win, every spin wins a prize!

Receive free raffle on entry for grocery vouchers and other amazing prizes!







