

**Interested?**  
in participating / vending in the expo?  
Please reach out to Jazmin.Holdway@forces.gc.ca

**LOOKOUT**  
Newspaper and Publishing

PRESENTS:

# HEALTH & WELLNESS expo



EVERYONE IN THE DEFENCE COMMUNITY IS WELCOME!



**THURSDAY**  
**MARCH 2 2023**  
**NADEN GYM 10AM - 2PM**

Health, Fitness, Wellness,  
Education, Recreation & more!

*Free*  
**COFFEE & PRIZES**  
BY SERIOUS COFFEE  
**MORE THAN**  
**130 VENDORS**

## CATCH A SHUTTLE BUS

### SHUTTLE BUS 1

To and from Dockyard main gate to Naden Athletic Centre. Picks up every 30 mins starting at Dockyard at 1000 hrs with last pick up at 1400 hrs at Naden Athletic Centre.

### SHUTTLE BUS 2

Picks up at Colwood Building 66 – main warehouse at 1000 hrs and picks up from Naden Athletic Centre at 1300 hrs to return to Colwood Building 66 – main warehouse.

Brought to you by

CFB ESQUIMALT  
**LOOKOUT**  
NEWSPAPER & CREATIVE SERVICES



**Sunshine Coast  
Health Centre**

A Non-12 Step Mental Health Program