



Presented by:

Black History Ottawa

Guyana Ottawa Cultural Association Inc.

Jaku Konbit

Jamaican (Ottawa) Community Association Inc. (Physical Literacy Program)

The National Institute of Jamaican-Canadians

St. Vincent & The Grenadines Ottawa Association

St. Lucia Ottawa Association

The Trinidad & Tobago Association of Ottawa

Racially Visible Action Committee NCR

Young Leaders Advisory Council (YLAC)



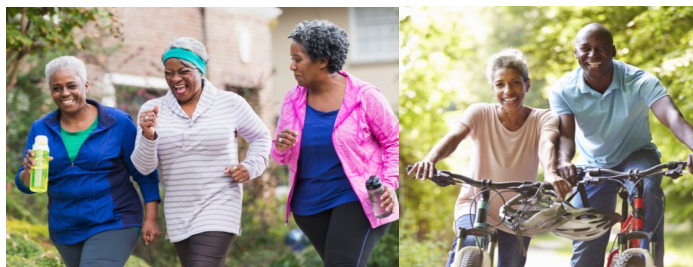
Health & Wellness Seminar PROMOTING HEALTHY LIFESTYLES

Youth Health & Well-being Forum
Friday, April 20, 2018

Ottawa City Hall, 110 Laurier Street
Colonel By Room 6:00pm - 9:00pm
Registration: 5:30 to 6:00pm
613-293-3989 613-567-0600
david.sutton@sympatico.ca

Adult Health Forum

Ottawa City Hall, 110 Laurier Street
Saturday, April 21, 2018
Jean Pigott Place 8:30am - 4:30pm
Registration \$5.00 starts at 8:30am
Breakfast & light lunch included
613-292-3375 613-327-3406
613-834-1718
nijc@sympatico.ca



Presentations & panel discussions on:

- ♥ Eye Health (Glaucoma & Cataracts)
- ♥ Prostate Disease & the Caribbean Man
- ♥ Caribbean Myths & Beliefs: Barriers to Mental Health
- ♥ ...and more!