

**“Spring into Health”**

**Tuesday, May 23<sup>rd</sup> 7-9pm at the Sombra Community Centre, 152 Smith St.**

**Speakers are Ron & Mary Weber who will discuss Digestive issues and Men's health.**

**For more information please contact Rita Vandertil @ 519-892-3378 or [ritavandertil@bell.net](mailto:ritavandertil@bell.net)**