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\$175,000

200+ customers McBride to Valenmount

Irene Berndsen
cell (250) 569-7397

ROYAL LEPAGE Prince George

VOTE

ROSEMARY HURRY
for Council - Village of McBride

Many years business experience

Many years Board and committee experience

Committed and dedicated

Authorized by Rosemary Hurry - Financial Agent - 250-568-2264

McBride Employment Services Centre
FEBRUARY WORKSHOP

Thursday, February 23rd 10-12 noon

Cover

Letters Covered

Robson Valley Support Society - Everyone welcome!
Just follow us on Facebook @ rvssmcbride-valenmount



PEEPS

MARSHMALLOW CHICKS

85 g ~ \$1.79 ea.

KINDER UOVO

Pink or Blue 100 g ~ \$6.99 ea.

MONSTER 710 ml, NOS 710 ml,

MONSTER IMPORT 550 ml

569-2441

2 for ~ \$6.00

The Farm Store



HOMEGROWN - FREE RANGE CHICKEN & PORK

Pre-packaged and Frozen fresh.

NOW AVAILABLE at The Farm Store

(Healthy Pet Food Cuts also available)

OPEN 10-5 Monday - Saturday.

Phone: 250-569-0425



241 Dominion Street, McBride, BC

Annual General Meeting
Wednesday, February 22nd

at 6pm

Library Annex

250-569-2666

After Hours call

250-569-2726

or 250-569-7016

AUTO SERVICES

1021 SE Frontage Road

LICENSED AUTOMOTIVE & DIESEL MECHANICS

Get a Tire Rotation and 21 Point Inspection for

\$21.95

(On most vehicles)

MONDAY to FRIDAY 8:00am - 5:00pm

SATURDAY 9:00am - 12:00pm

FREE The little FREE

McBride

Paper



Serving BC's Friendliest Town and Area since 1996!!!

For the week of *Wednesday, February 15th, 2017*

ALL CANDIDATES FORUM

MUNICIPAL BY-ELECTION CANDIDATE FORUM
Presented by McBride & District Chamber of Commerce
will be held on Thursday, February 16th, 2017 from
6:30pm - 9:00pm in the McBride Roundhouse Theatre.

COMING EVENTS

Community Members - The Elks and Royal Purple are
having a Cleaning and Fixing Up Bee at the Elks Hall on
Wednesday, February 15th at 5pm. If any Community
Members have a few hours to spare we could sure use
your help. Thank you in advance.

Advanced Care Planning Information Session with legal
and Clinical Information. Advance Care Planning is an
important step toward meeting your long-term needs and
preferences. Speakers: Doctor Taylor Martin and Notary
Public, Linda Fry. Date: Feb. 18, 2017, Time: 11:30 -
12:15, Place: Community Hall. Everyone Welcome.

McBride Youth Committee's 5th Annual SnoFest is
this Saturday, February 18 from 11am-1pm! Come join the
fun!! Steve Koida Park - refreshments, snow golf, street
hockey, snowshoeing and cross country skiing. FREE
horse and wagon rides to the Robson Valley Recreation
Centre for free skating. Stop by the Community Hall for
the Healthier Communities Fair. This event is co-hosted by
the McBride Youth Committee and the Healthier Communities
Committee. Any questions contact Jen Quam 250-569-
2266 or jennifer@rvssbc.org.
Fish & Wildlife Club Meeting: February 20, at the
Beaurey 2 Bistro, 7:00p.m. Everyone welcome.
PRENATAL CLASSES - Are you expecting? Are you
interested in classes? When: Feb. 21, Feb. 26, Mar. 6,
2107. Where: Public Health Unit. Time: 6:30pm. Instructor:
Jackie Edwards, RN. For more information call the health
unit at 250-569-2026.

Robson Valley Beekeepers and Wannabeekeepers Meeting
Friday, February 24th, McBride Library Annex, 7pm. Topics
of Discussion: 1) Coordination of Ordering Nucs or Packages.
2) Basic Costs of Starting Up. 3) BC Honey Producers
Association. 4) Provincial Apiculture Webinars provided
by Paul van Westendorp -BC Provincial Apiculturist (Marion
Cousineau is attending). 5) www.gov.bc.ca/apiculture.
Questions: Monica 250-569-7019.

"Save this Date - May 13, 2017".

Dome Creek is celebrating its centennial this year with
a Heritage Days Event on July 22 and 23, 2017. We
would like to invite vendors, buskers and local artists to
help us make this a memorable event. If interested please
call Laura @778-349-5710 or send an email to
domecreek100years@gmail.com.

COMMUNITY ANNOUNCEMENTS

The **Regional District** is pleased to offer **TEEN REC SPACE**. Tuesdays from 3-4:30pm (starting February 21st)
at the Rec Centre. Grades 7+. **FREE!** Public skate, skate
rental, Convert-a-Court for basketball, walleyball, squash,
racquetball, ping pong, Wii Bowling & dance. Parents
welcome. Hosted by the McBride Youth Committee.

Coaches Needed - Looking for coaches for both Youth
Softball and Youth Soccer for the up-coming season,
starting in April-May (depending on weather). The season
ends at the end of June for both sports. We have
equipment for a couple of different age groups but not
enough coaches. The Youth Soccer has the equipment but
needs someone to organize and coach. If you are interested,
please contact Kathy Molendyk @ 250-569-3239.

The **Community Literacy** Task Group will be hosting
SOUP & BUN at The Beaverview Lodge Fridays at
NOON...by donation. Warm up with recipes by local
seniors! Bring a recipe! Bring a friend!

Community basketball season continuing every Thursday
unless notified. 6-8pm. Ages 12+.

Via-Rail Schedule viarail.ca Phone 1-888-842-7245
Going West - Sunday, Wednesday & Friday...2:44pm
Going East - Monday, Thursday, Saturday...1:48pm
Discounts for 1 or 3 days advance booking.

Important Phone Numbers

EMERGENCY 9-1-1 Gov't Serv. BC. 250-569-3760
R.C.M.P. 250-569-2225 Village..... 250-569-2229
Hospital..... 250-569-2251 Reg'l Dist'1-800-667-1959
Health Unit..... 250-569-2251 RV Support Soc.250-569-2266
K to 7 School .. 250-569-2721 Food Bank 250-569-3186
High School 250-569-2295 Fire Hall250-569-3117
School District 57 Dental Office The Little McBride Paper
1-800-256-7857 250-569-3434 250-569-3110
Report Forest Fires - 1-800-663-5555

Inquiry B.C.-1-800-663-7867 - For Toll Free Calling to Provincial Departments ...
Dial this Number 1st and ask operator to connect you to provincial department.

Take a Break in McBride...B.G.'s Friendliest Town!!

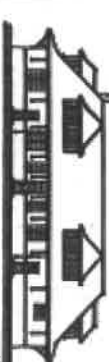
SHOPS ON MAIN

246 Main Street (McBride Trading Co.)

Open Thursdays and Fridays

10am-2pm

New Vendors added all the time.



250-569-8891

New at the Gallery:

Robson Valley Vintage Machines Calendar by Glen Frear.

Amazing sweaters and hats from Ann Shepherd.

New pottery from Steff McLean. Leather creations by Tom Pittman.

Glassworks from Yvonne Thurman, and much much more...

Skip the driving, long lines

and crowds, find "wow" at the Whistle Stop!

OPEN 9-5 DAILY AT THE TRAIN STATION

Delivering Fuel
East to McBride &
Valenmount



Vanderhoof and Districts
Co-operative Association

Commercial, Farm & Personal

Our equity allocation based on members' 2015 purchases totalled over
\$6.2 million being returned to members in equity and cash back

Prince George:	Valenmount Cardlock:	McBride Cardlock:	Vanderhoof:
Tel. 250-564-3488	1500 - 5th Avenue	2130 Zedler Road	Tel. 250-567-4488
TF: 866-309-2667	Valenmount BC	McBride BC	TF: 888-565-2667
Fax: 250-564-3433	TF: 866-309-2667	TF: 866-309-2667	Fax: 250-567-4490

LEVANT ELECTRIC

Serving the Robson Valley

250-569-7286

Dome Creek, BC

Blair Levant FSR #106311

WANTED

Small Acreage or House around or in McBride
to rent or lease with option to purchase.

Please Contact Dustin or Quinn 250-793-4002.



Robson Valley Lumber

Quilting Supplies

Weekly Specials

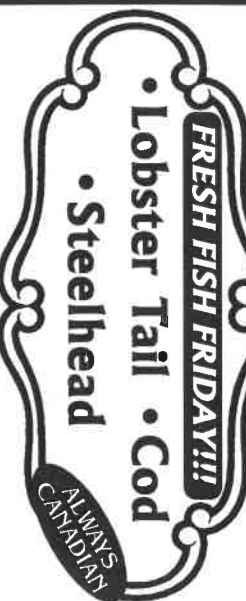
Open Tuesdays and Fridays 10am to 4pm
Other times on days please call

250-569-7433

Georgie Kuegje

McBride AG Foods

569-0140



OPEN Mon.-Thurs. 6:30am-6pm, Fri. 6:30am-7pm,
Sat. 6:30am-6pm, Sun. 9am-5pm

SNOW REMOVAL

D & T INDUSTRIES

BLADE * BUCKET * BLOWER * DUMP BOX TRAILER

WE CAN'T STOP IT FROM COMING,
BUT WE CAN KEEP IT OUT OF YOUR WAY!

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241 Dominion Street McBride, BC V0J 2E0

Phone: 250-569-2411

FALL/WINTER HOURS

Tuesdays: 10-5pm, 7-9pm

Wednesdays and Thursdays: 10-5pm

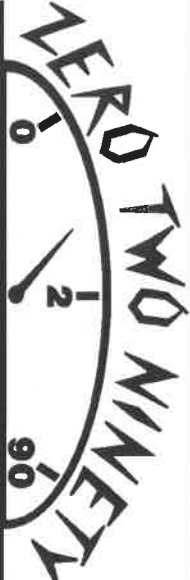
Fridays: 2-9pm Saturday: 2-5pm

library@mcbridebc.org www.mcbridebc.library.ca

ROBSON VALLEY ESSENTIALS

250-569-2415 Mon.-Thurs. 9-5 Fri. & Sat. 9-5:30
We have McBride Souvenirs!

GLUTEN FREE Products & ORGANIKA Vitamins
******Kerig K Cup Destination .66¢ each******
Check Out Our Facebook Page



TAXI SERVICE FOR McBRIDE AREA
 250-569-0290 CELL: 778-258-0145
DON'T DRINK & DRIVE - CALL ROCK
 LOCAL RATES - HIGHWAY RATES - SENIOR RATES
 PICKUPS & DELIVERIES



McBRIDE CURLING CLUB

461 Columbia Street

Come on down and try curling or just enjoy watching a game. Open Fridays at 7. Licensed lounge.
Bring clean shoes if you want to get out on the ice, the curling club has everything else you need

BUFFET BREAKFAST

Sat. & Sun. 6-10am

Toast, Cereal, Porridge, Baked Brekkie Spuds, Pancakes, French Toast, Whipped Cream, Raspberries & Apricot Toppings, Scrambled Eggs, Baked Beans, Bacon, Ham, and Sausage!!

All for \$15 or \$1/yr for kids!!
 Includes Coffee, Tea and Juice!! ☺

at The FARMER's KITCHEN

the RED BUILDING on 1st Ave., McBride Ph: (250) 569-3003

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- Binding •Posters •Business Cards •Address Labels
- Full Color Laser Photo Copies •Invitations
- Brochures •Trophies •Engraving •T-shirts & more

22 years experience

for more information please contact
 Scott or Susan at 250-569-3110,
 fax: 250-569-0220, email: sglines3@telus.net

ROBSON VALLEY PHARMACY



OPEN Mon.-Fri. 9-5, Sat. 9-3, Sun. Closed
 www.robsonvalleydapharmacy.com
 250-569-8811

1136 - 5th Ave. inside the McBride Hospital

WOW ASPIRIN 81mg
99¢ EA DAILY LOW DOSE
180 TABLETS

CENTROM VITAMINS

\$10.99 ea
 Selected Types

Ddrops 1000 IU \$7.99 ea
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SEND US YOUR NEW RX OR REFILL.
 REQUEST USING OUR NEW APP AND BE
 ENTERED IN A MONTHLY DRAW FOR
 A \$25 GIFT CERTIFICATE.

What is similar between a
 Baseball Team and Pancakes?
 They both need a good Batter!
Robson Valley Septic

(250) 569-7812
"Your business is our business!" ☺
 Now Closed for the season.
 Emergency calls only until May.

BIRTHDAY WISHES FEBRUARY 15-21

Alannah Rollinson, Joyce Rolston, Krystal Sarasin, Sylvia Arnold, Elaine Robson, Emilio Caputo, Sheila Bastran, Emey Will, Emma Tomson, Christine Monroe, Pat Cousineau, Rayann Flynn, Helgi Remmele, Robyn Slaney, Alex Mercuri, Tracey von der Gonna, Janice Mercuri, Lina Roth, and to anyone else we missed, Happy Birthday!

BACKCOUNTRY HORSEMEN

The Backcountry Horsemen of BC (BCHBC) Robson Valley Chapter would like to invite people interested in trail riding (front country and/or backcountry) in the Robson Valley to join us. There will be an informational potluck meeting on February 22 at 6:30 p.m. at Brian Wallace's residence on 3760 Hinklemen Road. Please bring a food item to share and visit with like-minded individuals. There will be an opportunity to register as a BCHBC member during the evening if you desire. Backcountry Horsemen is a not-for-profit society that provides equestrians interested in trail riding with a social and safe learning environment. We also build and maintain trails, trail heads and facilities for horses and work together with individuals, government, business and other recreational users of public lands to promote awareness and understanding for a cooperative wilderness experience. For information, please call Eileen MacDonald at 1-250-253-4193 or visit www.bchorsmen.org.

LIBRARY NEWS

Book Discussion Group. Thursday, February 23rd at 1:30pm. This month's theme is "The Old West". Drop by the library to pick up a title or bring your own. All welcome!
Teen Lock-In: Nerf Night! Friday, February 24th at 9pm. 13+.
Mother Goose in McBride! Wednesday mornings from 10:30-11:30am in the Library Annex. January 18th - March 8th. Children, ages 0-5, bring your caregiver and join us for songs, stories, snacks and fun! Hosted together with Lotte from the Robson Valley Support Society.
Geek Squad. Mondays at 3pm. Aimed at ages 9-13. Limited spots, so please let us know you're coming. We'll be programming using Scratch, and delving into robotics.
Fibre Artists Gather. Thursdays at 10am. Everyone welcome to bring your knitting/crocheting/stitch project and work away while visiting over coffee and tea!
Music Jam. Tuesdays at 7pm. Want to learn new music? Tired of playing alone? Bring your instrument and join neighbours for blue grass, blues, rock, & country. All welcome!

BUY, SELL, RENT & MISC.

For Sale-HD Motorcycle coat-Men's Medium FXRG Nylon Jacket - removable liner, Chest 38" - 41", Kevlar reflective material, slightly used., 4 Drawer Locking File cabinet with keys, DU Print "A day to Remember" by Peter Corbin (1987) 4318/4500, Older Model Kenmore Sewing Machine, working - complete with extra needles, pins, feet, bobbins, etc. Ph:250-569-3188•**For Sale-1 BF Goodrich Radial Long Trail**, brand new, 100% tread, on 5 bolt rim, R255/70R16, \$80 firm. 47 inch Toshiba Flatscreen TV, beautiful picture. \$500 obo. 4 Summer tires, Momentum 215/65/R16, 75% tread, \$150 firm. Ph: 250-569-0221•**For sale:** Light pair tractor chains, 28 inches wide, 13 feet long, \$300. 400 bd. ft. 1x6 birch, air dried 3 years, \$2/ bd. ft. Chuck at 250-968-4400•**Wanted To Buy - Acreage** with or without a house. Ph:250-569-4025•**For Sale-** Approx. 42' of 5' Green Chain Link mesh with privacy slats and most parts to install. Offers. Call 250-569-3110•**For Sale-Brand New Galvanized Steel Chainlink Fence**, 5ft tall, 250ft in length, includes everything you need for installation. Call 250-569-7812•**For Sale-13"** open side thickness Sander. Floor model, power feed, 220 volt single phase. Includes spare sanding belts. \$950 firm. Call Jim Mantion 250-569-2334•**For Sale-1990 Toyota Tercel** Sports Edition, in good condition. \$1000.00. Phone Kyle-Ph:778-878-8869•**For Sale:** Craftsman 10/32 Snowblower. (10 inch auger, 32 inch path) 8 hp Tecumseh engine. \$500. In fine running condition. Phone 778-258-0353•**For Sale-**Stihl and Husky chain saws, a good selection of bars and chains to get ready for firewood season. Phone Warren Ph: 250-569-7469.

A FEW LITTLE THINKERS...

What cheese is made backwards?
 Edam.

What do you get from a pampered cow?
 Spoiled milk.

CHURCH NEWS N' THINGS

Anglican United Church - Downtown Thrift Store on Dominion Street. Clothes and Household Goods. Open: Tues. 1:00-3:00 & Fri. 1:00-3:00•**Dorcas** reopens Tues., Sept. 6, 1-3. Ph: 569-2479 Terri, 569-2527 **Eshter-Foodbank** contact number is 569-3186•**Seventh-day Adventist Church-Meet** Saturdays at 9:30 & 11a.m. and Wednesdays at 7p.m. Phone: Ph: 569-3370•**Mennonite Church-Meet** Sundays 11am and 7:30pm & Wednesdays at 7:45pm Ph: 569-7297•**Mountain Chapel (PAOC)-Sunday School & Adult Classes-**10am, Services-11:10am. Ph:569-3350•**Anglican United Church-**441 Dominion Street, Meet Sundays at 10:00 a.m. Phone 569-3206 or 569-3386•**Evangelical Free Church-Worship** Gathering at 10:30am. Ph:569-2278•**Robson Valley Christian Centre-**Meets in home Sundays 11am, Dunster Ph:968-4335•**St. Patrick's Catholic Church-Meets** Sundays at 11:00am. Ph:569-2606. Call to Confirm.

Greyhound Schedule (The Farm Store) (Closed Sun.) 250-569-0425
Depart to East - 2:45am Daily (Vallemount, Jasper, Edmonton)
Depart to West - 7:40am Daily (Prince George)

Please contact **The Little McBride Paper** with all coming events, news, trivia, comments, anything!! 250-569-3110, Fax:250-569-0220, email:sglines3@telus.net, P.O. Box 441, McBride, B.C. V0J 2B0 or drop off at 455 King St. If we don't know about it, we can't inform the public about it! Scott & Susan Glines (Oscar & Broom)
 All articles and ads are not the expressed opinion of this paper or it's owners.

Take a Break in McBride...B.G.'s Friendliest Town!!



HELICOPTERS LTD.

250-793-8911

PAINTING

Call Phil @ 250-569-0205



Robson Valley Pet Hostel

Grooming & Boarding
 Ann Schwartz - Animal Health Technician
 Website with information and galleries:
 www.pethostel.ca

250-569-3319



ROBSON VALLEY PHYSIOTHERAPY
 Phone 250-569-0053
 Serving McBride and Vallemount

Dog Bones & Bird Suet \$5.00 Bags
 ☺ at Uncle Mark's Meat Shop

Meraki Builders

Construction and Renovations
 250 569 7885 (Mitch) 250 569 4109 (Brenden)

Alaina Chapman RMT

Registered Massage Therapist
Monday
Ph: 250-566-1040 To book an appointment

RICH BOYZ Mechanical Ltd.

Fully licensed Automotive, Heavy Duty and Welding Repairs.
 Mobile and Shop Appointments
Serving the Robson Valley
250-569-7298

Frankie and sons Automotive Ltd.
Repairs - Tires - Windshields
975 Airport Road - 250.569.8830

Zumba classes

Mondays and Thursdays, 6:30-7:30pm
 RV Community Centre. Come join the fun!
 Instructor Tonia 250-569-7678.

M4 CONSTRUCTION (250) 569-7147
 Gerald Moore

REALLY NICE STONEMWORK!!!
Call Alaina Ratz Stoenemworky
 All 5N's 250-569-8609 adamoltrventures@gmail.com
 "Rocking the Robson Valley!"

Order & pre-pay by phone for pickup in McBride at Sears
Infinity 1 855 566 4225
 Vitamins, Specialty Foods & More
 ioffice@telus.net

Cougar Den Cabins 250-569-7308

Daily, Weekly & Monthly Rates
 1800 seamon rd. mcbride (bottom of lucille mountain)

Glass Cutting, Picture Printing, Matting and Framing
call Bill Arnold 569-3381

R3 ACRES, Farm raised beef, naturally.
 Grain fed beef now available year round.
 Visit www.r3acres.com for a full list of packages.
 Call: 250-569-7203 Email: beef@r3acres.com

THE HOPPE SHOPPE
 803 3rd Ave. 778-258-0343
 side entrance

HORSEHOEING



Gary Schwartz Farrier Service
250-569-3319
 McBride, BC

Warm your Heart up with a
Cinnamon Latte
Beanery & Brio

M-F:6a.m.-5p.m. - Sat.:9a.m.-5p.m. Sun.-CLOSED 250-569-0133

Please Elect

BOB BALCAEN ☒

to McBride Village Council

EXPERIENCE

- 44 years Main Street Business (owner/operator).
- 16 years Alderman, Director, Councillor.
- Census Commissioner.
- 9 years Royal Canadian Air Force.
- Proud supporter of Pioneer Days.
- Numerous community organizations.
- 50 year member of the Royal Canadian Legion.

GOALS

- I would like to see us work with the Chamber of Commerce, Regional District, C. N., Farmers, Health, Forestry, and any other group that would help with jobs and investment in our area.
- Provide good Governance.
- Support Local Business, Hospital and Schools.

Authorized by Robert Balcaen, financial agent, 250-569-3121



VOTE
For
IRENE REJMAN
On
March 4th, 2017
Vote, for honesty,
dedication, commitment,
& good work ethics
Authorized by Irene Rejman
Financial Agent 250-569-2692

NATIONAL FLAG OF
CANADA DAY

ANNUALLY	EVENTS	LEAF	PUBLIC
CANADIAN	FEBRUARY	MAPLE	RED
CELEBRATED	FIFTEENTH	NATIONAL	REPLACED
CEREMONIES	FIVE	NINETEEN	SCHOOL
DAY	FLAG	OBSERVED	SIXTY
EDUCATION	GEORGE	PROGRAMS	
ENGIN			

F N X H L D Z F E Q I B E F W
E I F Q A Y A X T L N F E B U
D N F Y M E E L H S P B W D W
U E N T L C E I E B R A T E D
C E T G X I D E B N I A M C D
A E E I S Z O N A I A A R I O D
T E N E F M U Y T L Y V R E V
I O E N E R S V L H U A D L D R
N V R D E C A L P F E R N O E E
Q E R D E U S A L H O O L A H S
R N F Q D B F L A N G A K X F C B
L S T E J N L A T A N O G I T A N F O

Take a Break in McBride...B.G.s Friendliest Town!!

February - Heart Month

What is heart disease?
Heart disease is a general term that means the heart is not working properly. Some forms of heart disease are present at birth (congenital heart disease), while others develop as we age. Many forms of heart disease can be prevented by living an active, healthy lifestyle.

Prevention is key
8 in 10 cases of premature heart disease & stroke is preventable through healthy lifestyle behaviours.

Eat well - Learn how heart-healthy choices can help lower your risk of heart disease and stroke, whether eating at home or dining out.

Get moving - Learn the benefits of healthy activity, and get tips on adding more exercise into your daily routine.

Maintain a healthy weight - Learn the basic principles of a healthy weight and waistline — and why it matters.

Stress - Learn to identify the things that are causing you stress so you can deal with them effectively.

Vote Lucille Green for McBride Council!



I've attended council meetings regularly and I am up to date with community concerns. I am committed to work hard to stabilize and grow community through consultation with citizens. I have work experience, knowledge and skills required to be an effective Village Councillor. I understand budget processes, operations of local government and public works.

☒ **Lucille Green,**

Advance Poll Feb 22nd, Election March 4th.
Authorized by Lucille Green, Financial Agent
250-569-0034, email: Jetlag.Green@gmail.com
Facebook Page: @Lucille.Green.for.councillor



diabetes UNDONE

— INTERACTIVE WORKSHOP —
**1 in 3 Americans has diabetes or prediabetes.
That doesn't have to be your story.**

Join Dr. Wes Youngberg, diabetes expert and author of *Goodbye Diabetes*, and Brenda Davis, world-renown author and plant-based dietician, as they guide you through a hope-filled 8-session video course to reverse diabetes and reclaim your health.

\$49 PARTICIPANT KIT INCLUDES:

- * Inspiring wellness talks
- * Expert advice
- * Group support
- * Cooking demos & samples
- * Diabetes Undone Workbook
- * Diabetes Undone Cookbook
- * 8 Laws of Health DVD
- * Access to online homework videos



JOIN US OPENING DAY, FEBRUARY 16 AT 6:30 PM

DATES 8 SESSIONS: FROM FEB. 16 THROUGH MAR. 13, 2017
6:30 pm to 8:00 pm

VENUE MCBRIDE SECONDARY SCHOOL
1300 2nd Ave., McBride, BC V0J 2E0

CONTACT PHYLLIS KRUEGER
250-968-4493 rpk12305@hotmail.com

More about:

Diabetes Undone

A new seminar called Diabetes Undone will be offered at the McBride Secondary School beginning Thursday, February 16th at 6:30 pm, and will continue for a total of eight sessions. Meeting days are Monday and Thursday on the following dates: February 16th, 20th, 23rd, 27th, and March 2nd, 6th, 9th, and 13th.

Diabetes Undone was developed by Dr. Wes Youngberg, diabetes expert and author of *Goodbye Diabetes*, and Brenda Davis, world renowned author and plant-based dietician.

By following the principles outlined in this seminar, Type 2 Diabetes can be undone. It is not only preventable, but also reversible. There's hope for change and hope for you. You will learn how to fight high blood sugars by addressing their underlying causes. Even Type 1 diabetics can learn how to control their condition and prevent complications. In addition, the same strategies that fight diabetes also effectively combat heart disease, obesity, cancer, autoimmune disease, and many other health conditions. This course is about experiencing wellness in every area of your life.

The \$49 participant kit includes, inspiring wellness talks, expert advice, group support, cooking demos & samples, Diabetes Undone Workbook, Diabetes Undone Cookbook, 8 Laws of Health DVD and access to homework videos, which can be watched either online or from a DVD. A support person may attend the meetings for free. There are sponsorship funds available for those on a tight budget.

Join us opening day and begin to rewrite your health story.
For more information contact Phyllis Krueger at 250-968-4493.