



NATIONAL VOLUNTEER WEEK

volunteers. *from* compassion to action.

APRIL
19 to 25, 2009

www.volunteer.ca/NVW



Live Vitally Now!

A holistic educational health event honouring
National Volunteer Week.

Hosted by Ottawa's Leading Health and Wellness Practitioners:

Donna Davis
Movement to Health

Sylvie Guin
Core-Elation (YOGA)

Helen Daniels
Life Coach

In Support Of

iSisters Technology Mentoring

Sunday, April 19th, 2:30-5:30 pm

In the Heart of Westboro: 360 Kirkwood North, Suite 201

Space is limited! \$10 Gift Card compliments of *The Table!*

Registration at info@isisters.org. **RSVP by April 14th.**

Visit www.isisters.org for details

All proceeds to iSisters

Suggested donation payable to iSisters: \$50.00.

iSisters Technology Mentoring is a leader in technology learning and development, helps empower women in need to live better lives, create brighter futures and build stronger communities.

