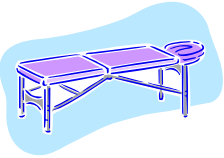


CHQ Health and Wellness Events

2007



- **January:** 10 minute Blackberry Executive Massage



- **February:** Heart information Blitz



- **March:** Nutrition Month Blitz promoting the New Canada's Food Guide



Finding answers. For life.

- **April:** Walk 4 Heart Program-same as 2006

Weight Attack: 5 week online weight loss program



- **June:** Fitweek