

September Wellness

2021

NBSTA SJ Recipe Contest

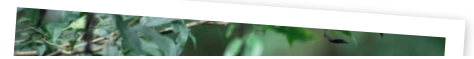
Fall Recipe Contest



It's that time of year where many are preparing to harvest their crops. Do you have a favorite, easy, or traditional recipe you would like to share? We would love to try your preserving, pickling, cooking, and/or baking recipe(s). Send as many as you wish.

Contact: **Rose Theriault** at rosethe@nb.sympatico.ca

Prizes: **Sobeys Gift Certificates**

Contest Deadline: **September 31/21**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Have your say and Vote this month!			Plant garlic	Toby Keith Sussex Drive-In	KV Music Festival for Mind Care	Try Uncle Mayn's Fish and Chips in St. George
5	6	7	8	9	10	11
Reflexology is it safe?	Labour Day	Don't Dodge Difficult Decisions		FASD Awareness Day	Advance Poll World Suicide Prevention Day	Advance Poll
12	13	14	15	16	17	18
Advance Poll	Advance Poll		NB Human Rights Day	NBSRT Zoom Meeting 10am	Strategies for Copying with Stress	
19	20	21	22	23	24	25
	Federal Election 	International Day of Peace	Autumn begins			
26	27	28	29	30		
World Contraception Day		International Right to Know		Orange Shirt Day		