



Food | Housing | Health | Youth

COMMUNITY WELLNESS RESOURCES



Healthy Eating for Wellness (HEW) Project

To learn about the HEW pilot project, access the HEW Executive Report at <https://gbfgrimsby.com/wp-content/uploads/2022/11/wellness-report-2022.pdf>

Navigating Your Wellness Journey (NWJ) Project

To learn about the NWJ pilot project, access the NWJ Final Report at <https://gbfgrimsby.com/wp-content/uploads/2024/02/NWJ-Program-Report-Jan-22-2024.pdf>

GBF Wellness Rx (GWRx) Pilot Project **GWRx**

To learn about GWRx courses, workshops, events, and activities that will be taking place during 2024, check GBF's website at <https://gbfgrimsby.com/wellness/>

Specific dates, times and locations are currently being finalized – details will be posted as soon as they are scheduled.

If you don't have computer access to the Internet, visit the Grimsby Public Library – they have workstations with computers that you can use free, plus get help is needed.

**ENABLING OUR CLIENTS & OUR COMMUNITY
TO BE WELL**