



TSUUT'INA HEALTH & WELLNESS  
SERVICES

# CHRISTMAS FAMILY HAMPERS

DO YOU KNOW A FAMILY THAT  
COULD USE A LITTLE ASSISTANCE  
THIS HOLIDAY SEASON?

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DEADLINE TO  
NOMINATE • DECEMBER 8TH

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**A MAXIMUM OF 15 FAMILIES WILL BE SELECTED!**

TO NOMINATE A FAMILY PLEASE TEXT OR  
CALL THE WELLNESS TEAM  
(825) 733-7185



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