

Self-Care Challenge

Would you like a chance to win passes to LeNordic Spa or a 60-minute massage?

The Navigator Program will be hosting a self-care challenge for families of Children with Medical Complexities.

Receive a ballot by sharing your daily self-care activities

You can receive up to one ballot a day!

CHEO

NAVIGATOR
Program


Centre de santé communautaire
Pinecrest-Queensway
Community Health Centre