



Get Involved



ABOVE: Pictured (L-R) are Sherry Ball, Joanne Erickson, Tracy Grant, and Ethel de la Penotiere.

What a ROSE Session!

After being approached by a local resident who was caring for her granddaughter afflicted with Fetal Alcohol Spectrum Disorder (FASD), Elgin County District WI (London Area) got busy planning a ROSE Session to educate the public. After several months of planning, an FASD Awareness Day was held in St. Thomas. With representatives from 23 health and support agencies on hand, 80 attendees learned about the dangers of drinking during pregnancy, how to recognize and understand the behaviours of someone afflicted with FASD, and where to get help. As a result of this ROSE Session, the District was able to donate \$200 to the Talbot Teen Centre in St. Thomas.



ABOVE: Severn Bridge WI Members have fun learning the basics of Yoga!



ABOVE: WI Members and the public filled the local Community Centre for this informative ROSE Session.

Severn Bridge WI

The Members of Severn Bridge WI (Simcoe Area) recently hosted an "Introduction to Yoga" ROSE Session. Following the Branch's monthly meeting, Joanne Contant from Joanne's Yoga Studio led the group in an interactive program that allowed attendees to practice basic moves from the comfort of their chairs. Twenty people participated in this ROSE Session, including WI Members from other Branches and the public.

Prescott District

WI Members in Prescott District (Eastern Area) hosted a ROSE Session to educate the community on reading the signs of anxiety and how to alleviate excessive worrying. Local psychologist, Dr. Brenda Bettridge, spoke to an audience of nearly 50 individuals, explaining how anxiety affects adults, teens, and children. Many questions were asked and participants left feeling very well-informed.

