

**Volume 3
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THE EXPRESS

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With one kind gesture you can change a life. One person at a time you can change the world.

*Steve Maraboli -
Author and Speaker*

Family Day Toboggan Races at Capreol Toboggan Hill

On Monday, February 19th, the Northern Credit Union is hosting a Family Day celebration at the Capreol Toboggan Hill. This is in conjunction with the Capreol 100 Celebrations.

The event begins with registrations for toboggan races at 10 am. There are two categories—decorated toboggans and homemade toboggans, so put on your thinking caps and come up with something fun. Prizes will be awarded in each category for the following divisions: 4-6, 7-9, 10-12 and 13+. Snowshoe races will also be held throughout the day, courtesy of C.R. Judd Public School.

Northern Credit Union Delegates and staff will be on hand, serving up free hot dogs and hot chocolate to the kids. Mayor Brian Bigger has also confirmed that he will be in at-

tendance, starting at 11:30, to help hand out hot dogs and enjoy the fun.

This event would not have been possible without the collaboration of businesses and organizations. Northern Credit Union Delegates and staff would like to thank the Capreol CAN along with Todd and Raquel at Capreol Foodland, for assisting with the food and supplies for the event. A tip of the

hat also goes to Capreol Cross Country Ski Club. Thank you so much for your generosity for the use of your BBQ, facility and the excitement you have shown to help make this event a success.

This is such a wonderful community to live in

and we are so grateful to be able to be part of the Capreol 100 celebrations. We acknowledge we are part of a bigger city, but are able to maintain the small, cozy home town feel. Come on out. We are looking forward to seeing you this Family Day, and at many more events that are planned throughout the year.



Capreol

Nurse Practitioner-Led Clinic



CNPLC

Capreol Nurse Practitioner-Led Clinic

OPEN HOUSE

Tuesday, February 27th 5 to 7pm at 49 Young St

Meet the staff, visit our Clinic and see what the Capreol NPLC is all about! We want your input for services and programs you would like us to offer.