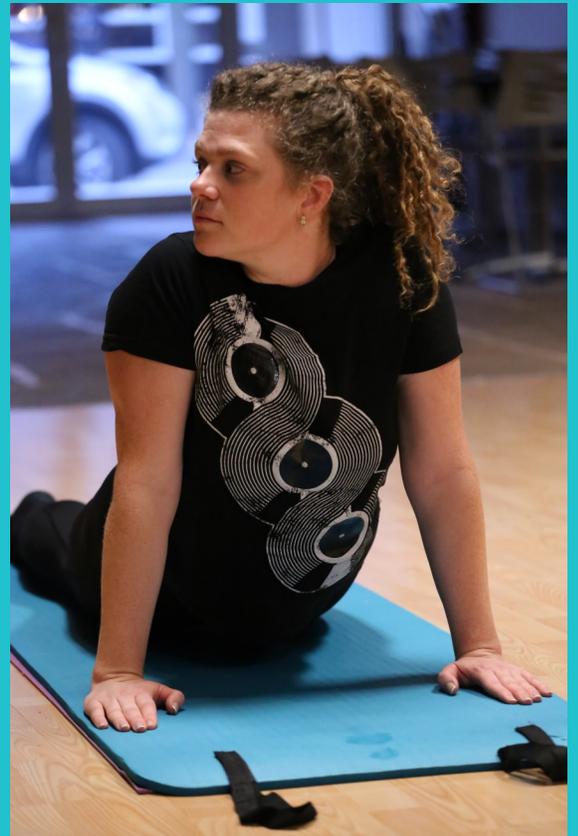


# ESSENTRICS



**Les mercredis à 18 h / 5 \$**

La Girouette, 150, rue King Ouest, Chatham  
519 436-1092 | [cclagirouette@gmail.com](mailto:cclagirouette@gmail.com)  
[www.cclagirouette.ca](http://www.cclagirouette.ca)

