

The Independent COMMUNITY



Above left, Dr. Khalid Mankal of Barrhaven Chiropractic and Wellness Centre demonstrates a spinal test on one of his staff members, Nikkyta Eastman, during the Barrhaven Wellness Expo Saturday.

Above, A Stronger You Martial Arts provided martial arts demonstrations throughout the day at the Barrhaven Wellness Expo at the Walter Baker Centre Saturday.

Left, Aneeka Bhalla of Barrhaven Family Physiotherapy was on hand at the Barrhaven Wellness Expo.

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Barrhaven Sports Calendar

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| <p>Sun., Jan. 29</p> <ul style="list-style-type: none"> • Jr. A Hockey – Nepean at Cumberland, 3 p.m. <p>Wed., Feb. 1</p> <ul style="list-style-type: none"> • Jr. A Hockey – Nepean at Ottawa, 7:30 p.m. • NCSSAA Jr. Boys Basketball – Deslauriers at John McCrae, 4 p.m. • NCSSAA Boys Hockey – South Carleton at Longfields Davidson heights, 3 p.m. <p>Thurs., Feb. 2</p> <ul style="list-style-type: none"> • NCSSAA Sr. Boys Basketball – Osgoode at John McCrae, 4 p.m. • NCSSAA Girls Hockey – John McCrae at South Carleton, 3 p.m. <p>Fri., Feb. 3</p> <ul style="list-style-type: none"> • Jr. A Hockey – Nepean at Smiths Falls, 7:30 p.m. • NCSSAA Sr. Boys Basketball – Longfields Davidson Heights at AY Jackson, 4 p.m. • NCSSAA Jr. Boys Basketball – John McCrae at Bell, 4 p.m. | <p>Sun., Feb. 5</p> <ul style="list-style-type: none"> • Jr. a Hockey – Carleton Place at Nepean, 2:30 p.m. <p>Mon., Feb. 6</p> <ul style="list-style-type: none"> • NCSSAA Jr. Boys Basketball – Notre Dame at St. Joseph, 4 p.m. • NCSSAA Jr. Boys Basketball – Longfields Davidson Heights at Mother Teresa, 4 p.m. • NCSSAA Girls Hockey – Nepean at John McCrae, 3 p.m. • NCSSAA Boys Hockey – Mother Teresa at Longfields Davidson Heights, 4 p.m. <p>Tues., Feb. 7</p> <ul style="list-style-type: none"> • Jr. A Hockey – Nepean at Kanata, 7:30 p.m. • NCSSAA Jr. Boys Basketball – Sacred Heart at John McCrae, 4 p.m. <p>Wed., Feb 8</p> <ul style="list-style-type: none"> • Jr. A Hockey – Pembroke at Nepean, 7:30 p.m. • NCSSAA Sr. Boys Basketball – Longfields Davidson Heights at Osgoode, 4 p.m. • NCSSAA Sr. Boys Basketball – John McCrae at Redeemer Christian, 4 p.m. • NCSSAA Jr. Boys Basketball – Longfields Davidson Heights at St. Francis Xavier, 4 p.m. <p>Thurs., Feb. 9</p> <ul style="list-style-type: none"> • NCSSAA Jr. Boys Basketball – John McCrae at Brookfield, 4 p.m. • NCSSAA Boys Hockey – South Carleton at Mopther Teresa, 3 p.m. |
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