



MENTAL WELLNESS FOR SENIORS

Learn Techniques To improve Your Physical and Cognitive Functioning and Quality of Life In 7 Unique Workshops

DATES: Oct. 6 – Nov. 17, 2021, every Wednesday

TIME: 10:45am-12:45 pm

WHERE: Silver Harbour Seniors Centre, 144 East 22nd St., N.V

WORKSHOP TOPICS

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| OCT. 6 | PRINCIPLES OF HEALTHY LIVING |
| OCT. 13 | EATING WELL & HEALTHY HABITS |
| OCT. 20 | PHYSICAL ACTIVITY |
| OCT. 27 | SLEEP |
| NOV. 3 | EMOTIONAL WELLNESS |
| NOV. 10 | SOCIAL LIFE |
| NOV. 17 | COMMUNITY INTEGRATION |

Sessions will include a presentation, group coaching and exploration, and opportunities to explore relaxation and stress relief techniques. The instructor will be available for individual coaching, in-person or by telephone. Attend all or some of the workshops.

TO REGISTER AND GET MORE INFORMATION, PLEASE RESPOND TO THIS EMAIL OR CONTACT HEATHER DUNSFORD AT 604-929-1964