NORTH SHORE KEEP WELL SOCIETY
KEEPS SENIORS ACTIVE

Funded by the Government of Canada's New Horizons for Seniors Program
Canada

A FREE 5-WORKSHOP SERIES FOR OLDER ADULTS

NAVIGATING TRANSITIONS

5 WEEKLY WORKSHOPS COVERING:

① Healthy Aging, Wellness & Emotional Well-Being
② Financial Awareness, Benefits & Income Supports
③ Wills, Powers of Attorney & Advance Care Planning
④ Housing Options, Aging in Place & Care Pathways
⑤ Senior Safety, Fraud Prevention & Consumer Protection

ONE WORKSHOP SERIES • THREE OPPORTUNITIES TO ATTEND

#1 PARKGATE COMMUNITY CENTRE
THURSDAYS • 12:30–2:30 PM
SEPTEMBER 24 • OCTOBER 22

#2 MOLLIE NYE HOUSE
THURSDAYS • 1:00–3:00 PM
NOVEMBER 5 - DECEMBER 3

#3 NORTH VANCOUVER CITY LIBRARY
TUESDAYS • 10:00AM - 12:00 PM
JANUARY 12 - FEBRUARY 9

FREE • LIGHT REFRESHMENTS PROVIDED

QUESTIONS OR NEED HELP WITH REGISTERING?
Email mayakeepwell@gmail.com

LEARN MORE & REGISTER
keepwellsociety.ca/navigating-transitions