

SENIOR'S SOCIAL HEALTH.

FUNDED BY ESDC, GOVERNMENT OF CANADA

You are invited to join in a new Zoom sessions program starting in October!

These sessions include the following:

**Three information sessions on reducing the risks of dementia,
Five sessions on Chair Yoga, and
Four sessions on indoor watering plants.**

We will be provided orientation sessions for your computer, phones and ZOOM to make sure everyone is comfortable.

Please note for those who are unable to join through ZOOM, there will be viewing in the Meeting Room & Room 227 and sign-up is required due to social distancing.



The sessions will start on October 1st and end on February 2021. All sessions will be once a week on Thursdays from 10:30am to 11:30am

Participants who attend all the sessions will be offered \$ 25 in appreciation for their participation.

Please sign-up at reception if you are interested before September 28th