

Seniors' Wellness Series

JOIN US FOR MONTHLY EDUCATIONAL SESSIONS GEARED FOR OLDER ADULTS, FAMILY MEMBERS AND CAREGIVERS. THE PROGRAM IS CO-FACILITATED BY OUR DIETITIAN, OT AND RPN.

When: 1st Thursday of every month

Where: via Zoom

Who: Anyone in the community is welcome to join! *

*While the program is meant for individuals 65+ years, anyone can participate.

For more information, please call: (289) 499-2239. To register visit www.cbfht.ca, or scan the QR Code.



January 6, 2022

Brain Health @ 1-2 pm

February 3, 2022

Memory & Aging @1-2 pm

March 3, 2022

Active Living @ 1-2 pm

