



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, RKN 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.



July 7, 2022

Caregiver Burnout @ 1 pm

August 4, 2022

Resource Navigation @ 1 pm

Sept 1, 2022

Aging & Well-Being @ 1 pm

