



FREE!

YWeConnect Program

Keeping Seniors Healthy, Building Connections

Come and enjoy a holistic health & wellness program for seniors!

FREE workshops and sessions empowering you to take control of your well-being. Covering many topics like:

- movement
- physical activity
- nutrition
- self-care
- mental health

Immigrant or refugee seniors?
We are waiting for you! If you need assistance with language translation, we have volunteers that speak your language!

Meet other seniors in the community while staying active with fun activities - all designed just so YOU can feel better.

To find a location or to register contact:

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