



Couchiching Jubilee House, Presents

JUBILEE CONNECTS



FOR WOMEN 16 - 60+

FRIDAYS 11AM - 2PM

8 SESSIONS FROM MARCH 22 - MAY 24 (Excluding April 5th & 19th)

ORILLIA LIBRARY: PROGRAM ROOM ONE

Limited Space - Register with Cheryl: cmcmurter@jubileehouse.ca

Connecting Women to Community

- PRESENTATIONS ON MENTAL HEALTH, WOMEN'S NUTRITION, BUDGETING, ART THERAPY, COMMUNITY GARDENS, & INDIVIDUAL WELLNESS.
- SELF CARE WORKSHOPS
- LUNCH SERVED AT EACH SESSION
- \$5 GIFT CARD PER SESSION
- MAY 24 GRAD CELEBRATION

Contact CJH for Details:
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Changing Lives, Building Futures