



Free Educational Workshops!

SENIORS WELLNESS COLLEGE



**Location: York West Active Living Centre
1901 Weston Rd, York, ON M9N 3P5**

Dates: October 24-December 12, 2019 (Thursdays)

Time: 1:30-3:30 pm

This 8 week class for seniors will focus on tips for living well as you age. Topics include mood, brain health, violence prevention and grief/loss. Participants will receive a certificate and learn how to become peer educators and advocates for other seniors in their community. Healthy snacks provided.

Call 416-645-7575 EXT for registration