

ZOOM HEALTH & WELLNESS WORKSHOPS

FREE

Co-sponsored with
Senior's Health and Wellness Institute

Dealing with Stress

None of us can lead a totally stress free life and during the pandemic excessive stress has been harmful for many seniors affecting their quality of life. Learn how to identify and handle sources of stress.

4326 Friday January 29, 11:00am-12:30pm



Sleep

Many older adults find it difficult to get enough sleep. This workshop will explore the reasons and the remedies plus provide information about lifestyle changes that may help.

4327 Wednesday February 10, 1:00pm-2:30pm

Mental Health

Are you concerned about your mental health during the pandemic? An overview of mental health disorders and the ways that seniors can contribute to their own mental health are discussed.

4328 Thursday March 18, 1:00pm-2:30pm



Pre registration is required online at whiterockcity.ca/register or call 604-541-2199.

ZOOM

A **Zoom meeting** link will be sent to registered participants prior to the start of the class.

You won't believe all the things you can do!