

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**



THE IMPORTANCE OF SELF-CARE FOR SENIORS

ADULT WORKSHOP

No cost, virtual workshop

Identifying key elements of care that can impact mood and overall well-being is important as we age.

Join us to learn why self-care is necessary and steps you can take to support your physical and emotional well-being.

WEDNESDAY, JUN. 15 2022

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



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