

**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.

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**WEDNESDAY, JUN. 14 2023**

**1-2 PM**

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### **LEARN MORE AND REGISTER:**



**519-669-8651**



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