



Winter well-being for 55+

Staying warm, bright, and connected

Join us for a warm and welcoming session designed to help you stay healthy, uplifted, and connected through the colder months. Learn practical tips to support your mental and emotional wellness and keep social connections strong despite winter's challenges. Leave with simple strategies, new ideas, and a brighter outlook for the season ahead.

- ▶ **Date:** Thursday, Feb. 26, 2026
- ▶ **Time:** 2:30 to 4 p.m.
- ▶ **Location:** Online - Zoom link provided after registration
- ▶ **Registration:** leduc-county.com/winter-wellbeing
email carla@leduc-county.com or call **780-955-4554**

