LEDUC COUNTY

Simple Connections Stronger Seniors

Simple ways to strengthen resilience

Join us for a series of skill-building workshops that offer older adults simple strategies to help strengthen resilience. Resilience is linked to better health, improved mood, heathy aging, and a longer life.

Together, we will explore four key topics that can help to support your well-being:

- Personal Wellness - Monday, Nov. 16
- Independence - Wednesday, Nov. 18
- Sense of Purpose - Monday, Nov. 23
- Social Connections - Wednesday, Nov. 25

- **Dates:** Monday, Nov. 16, Wednesday, Nov. 18, Monday, Nov. 23, Wednesday, Nov. 25
- **Time:** 1:30 to 2:30 p.m.
- **Location:** Online - Zoom link provided
- **Register:** Contact Carla at **780-955-4554,** or **carla@leduc-county.com** or register online at **www.leduc-county.com/simple-connections**
- **Registration deadline:** Friday, Nov. 13

Recovery Alberta
MENTAL HEALTH AND ADDICTION SERVICES