

DOWNTOWN CONNECTION 2019

55+ RESOURCE EVENT

Speaker Series at:
 Cindy Klassen Recreation Complex
 999 Sargent Ave

| Date and Time | Topic | Presented By: |
|---------------------------------|--|------------------------------|
| October 22nd 10:00am-11:30am | Mindfulness | Klinik Community Health |
| October 23rd 10:00am-11:30am | Learning about the Mature Worker Program | Opportunities for Employment |
| October 24th 10:00am-12:00pm | Free Art Class (Limited Space) | Studio Central |

CALL TO REGISTER: Healthy Aging Resource Team 204-940-8140



Winnipeg Regional Health Authority
 Caring for Health
 Office régional de la santé de Winnipeg
 À l'écoute de notre santé

In Celebration of Seniors & Elders Month