

## Manage your Health and Well-being

**November 17<sup>th</sup> - December 4<sup>th</sup>, 2025**  
**Tuesday to Thursday 1:30 - 3:30**

Staying healthy can improve your overall quality of life. Join us to learn strategies for managing your physical and mental health.



Topics include:

- What is health?
- Talking to your doctor
- Where to get good information
- Avoiding health scams
- Eating well
- Reducing Stress

### Eligibility

- over 18
- speak basic English
- have a valid SIN
- have grade 12 or less

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