Seniors Conversation Circle

Connection & Belonging: Putting Relationships at the centre of the community

Conversation is more than just socializing, it also helps with:

- Building Connection
- Community engagement
- Lowering stress
- Reducing anxiety
- Increasing resiliency
- Reducing depression

When: Every Tuesdays starting March 10th till the 31st
Time: 10am till 12pm
Where: 97 Keewatin Street, Bluebird Lodge Senior’ Residence

Snacks are provided

For more information you can reach Marco:
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