

Wellness Series

Wednesdays at 1 p.m.



IN THE SENIORS CENTRE LOUNGE OR ON ZOOM AT HOME

March is our last month of Wellness

MARCH 1, MARCH 15 & MARCH 29

Deep Breathing & Relaxation

Learn the benefits and techniques of proper deep breathing to lower stress, high blood pressure and help you fall and stay asleep longer. Enjoy a short, guided meditation at the end.

MARCH 8, 2023

Sleep!

Join this seminar to learn how important proper sleep is to our wellness. Receive easy to implement sleep techniques to improve your sleep hygiene.

MARCH 22, 2023

Hand Fitness

Our hands are important and need extra love and kindness. Learn some daily exercises to help keep and improve mobility in your hands and improve hand strength. You do not want to miss this seminar especially if you have arthritis!

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