

FREE NOVEMBER 2024 GROUP EDUCATION SESSIONS



- **Sat Nov 09 ~ Coping with Stress (Strategies & tips to manage stress) 12:00-2:00pm (Virtual)**
- **Wed Nov 20 ~ Healthy Aging (addressing cancer screening & falls prevention) 12:30-2:30pm (245 Dixon Rd ~ Check in @ POD 1)**
- **Thurs Nov 21 ~ Healing Together Mental Health Support Group (discussion on various mental health issues) 6:00-8:00pm (Virtual & In-person) @ 245 Dixon Rd**

Snacks will be provided for all in-person classes.

Classes generally last 90 –120 minutes .

Zoom link will be sent for all virtual sessions.

Call 416-740-2810 or 647-342-8266 to register or book online @hrfht.com