

FREE

Healthy Aging:

A Summer Telephone Workshop Series

Tuesday, August 9, 2022, at 1:00 pm:

Laughter Yoga – Gain practical tools to benefit from the “best medicine”

Presented by a Certified Laughter Yoga Teacher

Thursday, August 18, 2022, at 11:30 am:

Qi Gong – Find out how this ancient Chinese practice can help you age well

Presented by a Medical Qigong Therapist and Teacher

Thursday, August 25, 2022, at 11:30 am:

Healthy Eating for Healthy Aging

Presented by a Registered Dietician

Tuesday, August 30, 2022, at 1:00 pm:

BounceBack, Reclaim your Health – Learn about this free skill-building program

Presented by the Canadian Mental Health Association

To join these workshops, dial **416-507-1616** and enter the passcode **799660** followed by the # key

**Call us today
with questions**



416-243-0127 ext. 238

ESS Support Services is a not-for-profit agency committed to supporting seniors in their desire to remain in their own homes and community.

Funding provided by:



www.esssupportservices.ca

