



Are you 55+ and looking for an opportunity to refresh your outlook on life? Do you want to learn new coping strategies to help you work through life's challenges? Do you want to build on the strengths that you already have? Then we have the program for YOU!

Fully Alive Program

A Life Refresher Course for the Third Age of Life

This program is an 8 Week Program on Well-being for seniors.

PROGRAM INFORMATION

May 24th – July 12th, 2018

Thursdays, 10:00am – 12:00pm

Kiwanis Seniors Centre, 78 Riverside Drive

Refreshments: \$1.00 each week

Manual: \$10.00

**CARING FOR THE BODY,
MIND & SPIRIT SINCE 1869**

