

For more information

Or to register

Please contact:

**Third Age Outreach
Kiwanis Seniors Centre
78 Riverside Drive
London, ON**

Call our office at

519-661-1621

Or

519-661-1620

www.thirdageoutreach.ca

JULY 2010

Fully Alive Programs

Fall 2010

Kiwanis Seniors Centre

78 Riverside Dr.

Tuesday, Oct. 12 / 10 – Dec. 14 / 10

1:00 - 3:00 pm

Hamilton Road Seniors Centre

525 Hamilton Road

Monday, Oct. 4 / 10 – Dec. 13 / 10

1:00 – 3:00 pm

(No Session Oct. 11th – Thanksgiving)

Cherryhill Library

Friday, Oct. 15 / 10 – Dec. 17 / 10

1:00 – 3:00 pm

Dates are subject to change



**A 10-week program on
Wellbeing for Seniors**

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Outreach**

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Fully Alive

Program Content

Being Fully Alive

Achieve a balance between caring for self and caring for others. Learn to be as well as you can in your situation.

Challenges of Being Fully Alive

Discover new ways of improving your self-esteem and coping with change.

Harness Your Physical Powers

Learn a few simple exercises to improve your mobility and independence.

Harness Your Emotional Powers

Joys, sorrows and disappointments are all part of the human journey. Learn how to express these feelings which will enrich your life. Laughter is essential to well-being.

Harness Your Mental and Spiritual Strengths

Use your mind to enrich your life. Open up to the spiritual power of forgiveness and the delight of daydreaming.

Dealing with Stress

Learn how to make stress work for you.

A New Life from Grief

Recognize grief as a normal part of healing after a loss.

Depression

Learn to recognize symptoms of depression and what you can do to help yourself and others.

Being Alone and Being Together

Examine the nature of loneliness and find ways to cultivate solitude. Discover and build new relationships.

Planning for the Future

Explore lessons that can be learned in later life. Review what you've learned and make plans for the future!

Cost: \$10
