

## Who We Are

### Community Partner

The **Geriatric Mental Health Program (GMHP)** is an ambulatory service that is part of London Health Sciences Centre which strives to provide evidence-based mental health care for seniors living in London and Middlesex.

GMHP works closely with formal/informal caregivers and community partners such as St. Joseph's Health Care London, Third Age Outreach, and Age Friendly London

**Third Age Outreach** is part of St. Joseph's Health Care London's Specialized Geriatric Services program. This unique hospital outreach service is located in the City of London's Kiwanis Seniors Community Centre.

Third Age offers programs, educational courses, group activities and therapeutic recreation promoting wellness, personal development, independence and improved quality of life for seniors.

If you are interested in any of these programs or would like additional information, please call the Third Age Outreach office.

## Contact

### Location and Information

#### Location of Program:

Program location changes from session to session. Please call the office for more information.

#### For more information or to register, Please Contact:

Lisa Joworski, TRS

Geriatric Mental Health Program

519-859-1205

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OR

Lisa Coleman, TRA

Third Age Outreach

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CARING FOR THE  
BODY, MIND & SPIRIT  
SINCE 1869



[sjhc.london.on.ca](http://sjhc.london.on.ca)

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.

## Third Age Outreach

### Living Life on Purpose

Based on the book  
"The How of Happiness: A Scientific Approach to Getting the Life You Want"



*"Happiness is not out there  
for us to find.....  
it's inside us."*  
Sonja Lyubomirsky, Author



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## Living Life On Purpose

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**Living Life on Purpose** is a new program that is based on Sonja Lyubomirsky's book, *The How of Happiness*. During this 6 week program, we will share the twelve evidence-based strategies that she discusses in the book. Then we take specific strategies chosen by the group members and put them into practice.

### Content Includes:

- Gratitude and Positive Thinking
- Investing in Social Relationships
- Managing Hardship & Trauma
- Living in the Present
- Committing to Your Goals
- Taking Care of Your Body & Soul

## Program Benefits

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Come and join us for fun and meaningful times together while gaining some insight along the way!

### Benefits to participation:

- An opportunity to meet new people
- Improved mood and increased well-being
- Strengthen relationships
- Improve coping skills
- Reduce feelings of loneliness
- Enhance your quality of life
- An understanding of which activities naturally bring joy to your life

## Community Partner

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**BROUGHT TO YOU BY:**



Geriatric Mental Health Program  
London Health Sciences Centre



Third Age Outreach  
Specialized Geriatric Services  
St. Joseph's Health Care London  
78 Riverside Drive

**Living Life on Purpose** is a perfect opportunity to learn customized ways to bring happiness to your life and connect with others. You will be surprised at how simple it can be!