

Ways to Wellness Program



Join us for a free six-week adult wellness program to discover ways to improve your overall physical, social and mental well-being.



Fridays

January 27 to March 3, 2023



Carea Pickering Location

1450 Kingston Rd, Unit 17, Pickering



10:00 am-11:30 am



To register, call Michelle

905-428-1212 ext. 2285

Activities and discussions will focus on:

- **Healthy Eating**
- **Stress Management**
- **Self-Care**
- **Finances ... and more!**

If you require accessibility assistance, please contact info@careachc.ca or 1-877-227-3217.