

fountain of health

presents:

Staying Connected for Optimal Wellbeing

Are you struggling with the stress and isolation of the pandemic? Join us! This webinar will help you learn how to optimize your wellbeing.

Join this free 1-hour webinar for anyone in

mid-life and older and caregivers

Click here to register

Learn About Our Tools & Resources:

March 3rd 11am AST

- New Thrive Learning Centre
- 4-Week Optimal Aging Workshop Series
- The Wellness App

www.fountainofhealth.ca

The Fountain of Health Association is a national non-profit sharing the science of wellbeing to help people thrive. Contact us: info@fountainofhealth.ca