



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:**

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

www.fountainofhealth.ca

**March 3rd
11am AST**