

CROSSROADS WELLNESS PROGRAM PRESENTS:

**WEDNESDAY WELLNESS SESSIONS:
WEDNESDAY MORNINGS — 9:30 TO 10:30 A.M.**

April 10 Canadian Hearing Society

If you have questions about hearing loss, the various services and aids available, or communication strategies for speakers and listeners, this session is for you!

April 17 Canadian National Institute for the Blind (CNIB)

Learn about the services offered by the CNIB and experience various types of vision loss through the use of an eye simulation kit.

April 24 Open Discussion: Wellness-Related Topics

Facilitator: Eleanor Belfry-Lyttle.

Sessions take place at Crossroads United Church
located at 690 Sir John A. Macdonald Blvd.
Sessions are free of charge.

