

# CROSSROADS WELLNESS PROGRAM PRESENTS:

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

## **March 6 Osteoporosis & Exercise**

Join us for a discussion about the role of exercise in maintaining bone health and mobility.

## **March 13 Understanding Dementia**

Warning signs, understanding behaviours and how to support.

## **March 20 Peer Support**

The role of Peer Support and its impact on mental health and addictions as a way and means of managing and working towards wellness and being well.

## **March 27 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.

