

Community Wellness Team

Interlake-Eastern Regional Health Authority

SCHEDULE OF CLASSES & EVENTS

NOVEMBER 2024 *schedule may change at any time

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HEALTHY EATING

Craving Change®

A how-to workshop for changing relationships with food.

Change your thinking, change your eating.

Are you craving change in your eating habits? Do you want to know more about why you eat the way that you do? Then this **FREE program** is the class for you!



Craving Change®
"Is this Stomach, Mouth or Heart Hunger?"



Craving Change

Wednesdays, January 29th to March 5th

12:00 pm to 1:00 pm

Online session via MS Teams - email wellness@ierha.ca to register.

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

HEALTHY BABY



Feeding Littles - How to have pleasant mealtimes

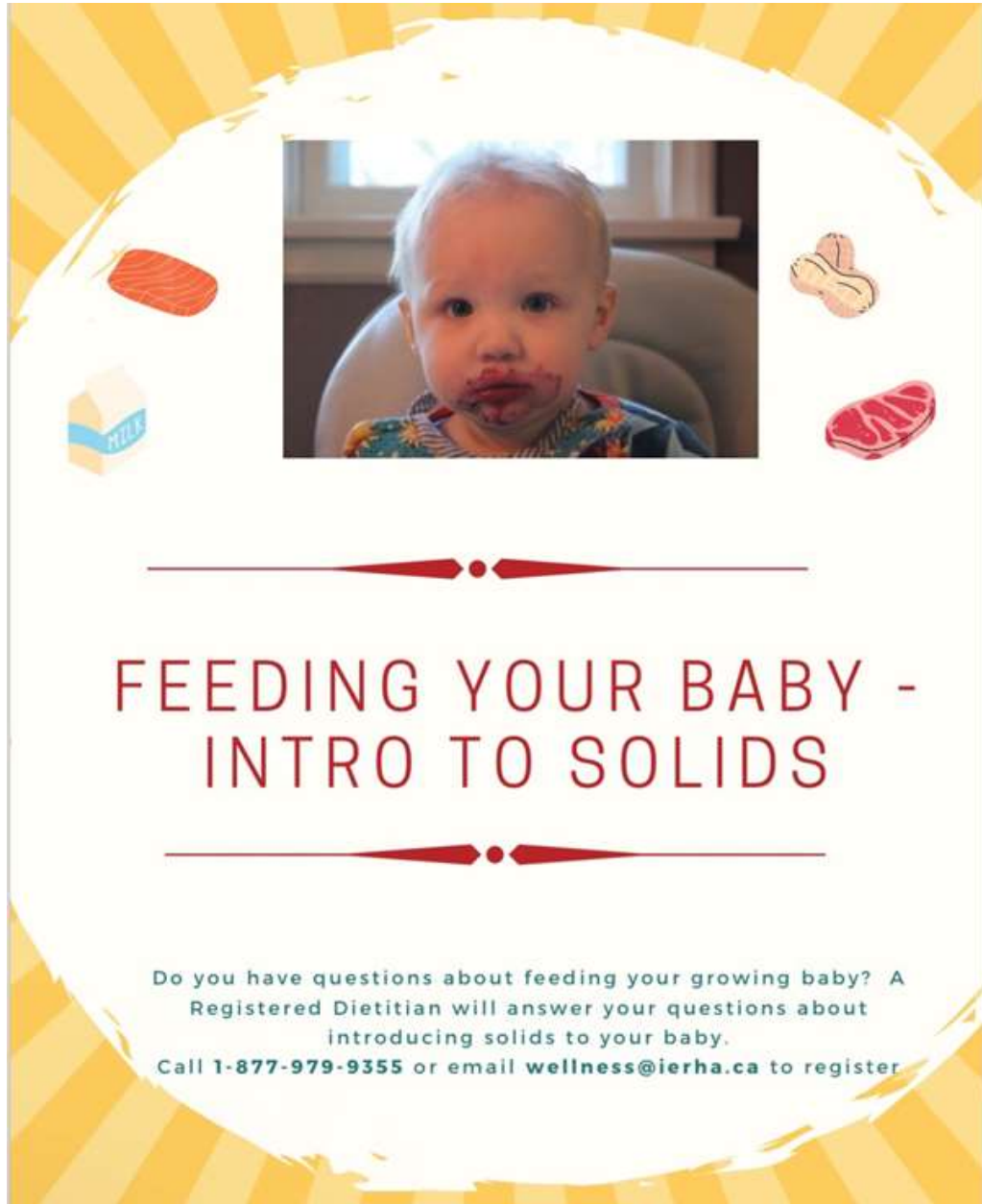
Thursday Dec.19th, 2024

10:00 am - 11:30 am

Online session via MS Teams - email wellness@ierha.ca to register.

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE



Feeding Your Baby - Intro to Solids

Thursday Nov. 28th, 2024

10:00 am - 11:30 am

Online session via MS Teams - email wellness@ierha.ca to register.

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

Join us at Our Time Healthy Baby Drop-In



Interlake-Eastern Regional Health Authority's **Our Time Healthy Baby Program** is available for all pregnant individuals and parents with infants up to one year of age. Healthy Baby Community Programs help pregnant individuals and new parents connect with other parents, families and health professionals.

Our Time Healthy Baby Program can offer:



- group sessions
 - milk coupons
 - recipe/meal bags
 - information, support and resources on prenatal and postnatal nutrition & health, breastfeeding, parenting tips and lifestyle choices
- For free registration please contact:

East side Interlake- Robin, 204-345-0290 rcyr@ierha.ca

West side Interlake -Denise, 204-785-7708 or email dwoloshyn@ierha.ca

Or call your local Public Health Nurse for more information, [Community Health Office locations.](#)



MyBaby

Get positive
parenting support
via email or text.

MyBaby has short videos that show how you can bond with your baby and help them grow and develop.

Sign up now to get weekly ideas and tips.

Visit my-baby.ca,
or scan now to
get started.



 **RRC** POLYTECH

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

GET BETTER TOGETHER



**Health Issues
Used to
Control
Our Lives ...
Now We Do.**

Are you sick and tired
of feeling sick and tired?
Join hundreds of Manitobans
who've decided to start living
better with their health issues
through Get Better Together
group workshops.

Fully-funded workshops are held
across Manitoba. Get details at:
gbt@wellnessinstitute.ca
or 204-632-3927

**Get Better
Together**

Skills to Cope. Support to Thrive. getbettertogether.ca

Get Better Together is coordinated by the Wellness Institute and supported by Manitoba Health and Regional Health Authorities.

Get Better Together - Gimli, MB

To get on a wait list to be notified when the next Get Better Together session is scheduled please email wellness@ierha.ca.

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

AGING WELL



AGING WELL: AN ONLINE WORKSHOP SERIES FOR MIND AND BODY WELLNESS

What does it take to not only live well but to THRIVE as we age? Join us as we explore this topic. All sessions 10:00-11 am



OCTOBER IS SENIORS & ELDERS MONTH

**Tues, Oct 8
Home Safety & Home
Modification Grant**

**Tues, Oct 15
Fuel for Healthy Aging**

**Tues, Oct 22
Brain Health**

**Tues, Oct 29
Dental Health & The
Canada Dental Plan**

**Tues, Nov 5
Mental Health
Matters!**

**REGISTER FOR AS MANY
SESSIONS AS YOU LIKE!
CALL 1-877-979-9355
OR EMAIL
WELLNESS@IERHA.CA**



To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

TOBACCO REDUCTION

A collaboration between

 Wenatchee Regional Health Authority  Office régional de la santé de Wenatchee  Interlake-Eastern Regional Health Authority

Commit to Quit



Join this virtual **5-class** group program to help you reduce or stop your tobacco or nicotine use. No cost.

Learn about:

- your triggers
- setting realistic goals
- behaviours that work
- strategies, tips and tricks
- how quit medications might work for you.

Afternoon or evening sessions available online via MS Teams or phone in option.

To register email wellness@ierha.ca or call 1-877-979-9355.

Wednesday Afternoons

Jan. 15th to Feb. 12th, 2025

1:30 pm – 2:45 pm

Register by Oct. 16

Wednesday Evenings

Jan. 15th to Feb. 12th, 2025

6:00 pm – 7:15 pm

Register by Oct. 16



Tobacco Quit Card and Counselling Program

- \$300 in nicotine patches and aids
- Professional counselling sessions

See if you qualify!

Programme de cartes et de counseling pour l'abandon du tabagisme

- 300 \$ en timbres à la nicotine et produits d'aide à l'abandon du tabac
- Séances de counseling professionnel

Informez-vous pour savoir si vous pouvez participer au Programme!

[Click here to learn more.](#)

[Veillez cliquer ici pour la version française.](#)

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

Quit Nicotine for the Holidays Challenge

November 15 - December 15 | 30 days to a healthier you

Join our FREE 30-day challenge with support, tips, and motivation to help you quit smoking or vaping before the holidays!



Register Now!



You'll receive daily tips and encouragement via email, and daily tips and motivation will be shared in our supportive Facebook group, where you can connect with others on the same journey.

You don't have to quit cold turkey—use whatever method works best for you, from nicotine replacement (patches, gum, or lozenges) to support groups, counseling, or prescription medications like Zyban or Champix. Talk to your healthcare provider to find what's right for you.

Sign up today and start your journey toward a healthier, smoke-free holiday season! Already quit? [Join our Facebook group](#) and share your success story to inspire others.

Take the first step—[RSVP now!](#)

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

MENTAL WELLBEING

Practicing Gratitude

Are you interested in learning more about Gratitude?

Register for one of these free virtual sessions delivered on MS Teams:

- Wednesday November 27, 2:00pm
- Wednesday November 27, 6:00pm



To register, please email or call toll free 1-877-979-9355.

Interlake-Eastern Regional Health Authority - Mental Health

IERHA 24 Hour Crisis Line

1-866-427-8628

204-482-5419

Klinic Crisis Line

1-888-322-3019

204-786-8686

Kids Help Line

1-800-668-6868

<https://kidshelpline.ca>

Support for Your Mental Health

[Wellness Together Canada](https://www.wellnesstogether.ca) provides free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed. Please click on the below icon to access the Wellness Together Canada site.



To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE



Is someone around you struggling with stress or anxiety? Learn how you can help a loved one who needs **#MentalHealth** or **#SubstanceUse** support.

Check out [Canadian Mental Health Association](#)'s great advice on listening in six simple steps: <https://ow.ly/ZawX50QjNGo>

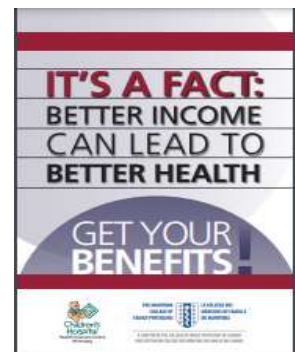
GET YOUR BENEFITS AND CREDITS

OBTENEZ VOS PRESTATIONS ET VOS CRÉDITS

It's important to file an income tax return even if you have no income, a low income, or are on social assistance. Filing an income tax return can unlock benefits and credits that you may be eligible to receive, putting more money back into your pocket, and improving your health and lifestyle.

Take a look at the Get Your Benefits booklet and/or the Canada Revenue website to find out about benefits such as the Canada Child Benefit, GST/HST Credit, Canada Workers Benefit, Disability Tax Credit, and many others.



Call Revenue Canada to ask about benefits: 1-800-387-1193



To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE


CANADIAN DENTAL CARE PLAN


Employment and Social Development Canada / Emploi et Développement social Canada


Applying for the Canadian Dental Care Plan


You can apply only if you received a letter inviting you to apply for the Canadian Dental Care Plan. Letters will be sent in stages from December 2023 to March 2024 to people 70 years of age and over who may be eligible, starting with those over 87 years. Call the automated phone system before April 30, 2024 to complete your application.

Call to Apply



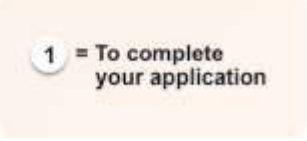
Call 1-833-537-4342.

Choose your Language




1 = English
2 = French

Apply




1 = To complete your application

Identification (ID) Needed to Apply




Enter Your Application Code found on the top right corner of your invitation letter.

Written Language



Enter your Social Insurance Number (SIN) found on your SIN card or many income tax documents.

Written Language



1 = English
2 = French

Select your preferred language for future written correspondence. For English, press 1. For French, press 2.

Private Dental Coverage

You will be asked if you have access to any private dental benefits through:

- a) your employer or a family member's employer benefits;
- b) your pension (previous employer) or a family member's pension benefits; or
- c) an insurance or benefits company that you or a family member purchase from.

1 = Yes 9 = No

For yes, press 1.
For no, press 9.

Public Dental Coverage


You will be asked if you have public dental coverage through a social program offered by your province or territory and/or the federal government.

This information is being collected to coordinate the payment of dental claims should you qualify for the Canadian Dental Care Plan.


1 = Yes 9 = No

For yes, press 1.
For no, press 9.

Decision



You will hear a message that confirms whether you qualify. You will also receive a letter explaining this decision in about 15 business days. If you qualify, your coverage will begin on the date provided in your welcome package from Sun Life. The package will arrive within 3 months after you apply.



Please note that this information is valid until April 30, 2024. For the most up-to-date information on CDCP, please visit Canada.ca/dental

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

BREASTCHECK SCREENING CLINICS



BreastCheck Cancer Screening Clinic Clinique de dépistage du cancer du sein du programme BreastCheck

**BEAUSEJOUR
HEW Primary Health
Care Centre**

31-1st Street S.

December 2-20 , 2024

**Women age 50-74 should call for
an appointment:
1-855-95-CHECK**

cancercare.mb.ca/breastcheck

**BEAUSEJOUR
Centre de soins de
santé primaires HEW**

31, 1re Rue Sud

2-20 décembre 2024

**Les femmes âgées de 50 à 74 ans devraient
téléphoner pour prendre un rendez-vous :
1-855-952-4325**

cancercare.mb.ca/breastcheck-f

To register or for more information please email
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

****SCHEDULE SUBJECT TO CHANGE**

COMMUNITY PARTNER EVENTS

**LOOKING FOR A JOB?
WE CAN HELP**

NORTH EASTMAN EMPLOYMENT SERVICES

**IS A FREE PROGRAM OPEN TO
EVERYONE**

Whether you are currently unemployed or looking to further your career, you can book one-on-one sessions with our facilitators to assist with all your employment needs.

To schedule an appointment or to use the resource area please contact us by phone 431-770-3970 or email jobs@northees.ca

**4 Park Ave. Lac du Bonnet
Walk-in's Welcome**

**FUNDING PROVIDED BY:
The Government of Canada
The Manitoba Government**

**JOB SEARCH
ASSISTANCE**

**DEVELOP A
RESUME &
COVER LETTER**

**CAREER
PLANNING**

**BASIC COMPUTER
SKILLS**

INTERVIEW PREP

RESOURCE AREA

**EQUIPPED
WITH
COMPUTERS,
TELEPHONE,
PHOTOCOPIER,
SCANNER &
PRINTER, JOB
BOARD &
INFORMATION
KIOSK**

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

SELKIRK EMPLOYMENT SERVICES



Looking for a Job?
We can help
We are located at 218A
Manitoba Ave.

WALK-INS WELCOME

Call 204-482-8290 or Email jobs@selkirkes.ca

To register or for more information please email
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

SUPPORT GROUP

Facing Forward After Cancer Support Group



A support group open to all Manitobans who have completed treatment for any type of cancer within the last two years.

Every Wednesday, 11:30 a.m. - 1:00 p.m.
October 9 - November 27, 2024

CancerCare Manitoba, 675 McDermot Ave., 1st Floor, Room ON1010
or virtually through MS Teams.

To register, or for more information, please contact Hannah at 431-761-1145.



To register or for more information please email
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

****SCHEDULE SUBJECT TO CHANGE**

Mindful Living: Navigating Chronic Kidney Disease with Awareness and Resilience



12 November 2024 | 12:00 PM EST



Join us for an engaging webinar on the benefits of mindfulness for managing the challenges of chronic kidney disease (CKD).

During this session, you will:

- ▶ Discover how mindfulness can boost your well-being, quality of life, and abilities to cope with the challenges of a chronic disease.
- ▶ Learn how to practice mindfulness to help you bring more balance and empowerment into your daily routine.
- ▶ Hear from our patient-partners, and participate in an interactive Q&A session.

This webinar will be hosted in English and additionally feature live simultaneous interpretation in French.

REGISTER TODAY:
bit.ly/WebiSeries-Nov12

The Kidney Foundation would like to thank our sponsors for making the 2024 Kidney Foundation Webinar Series possible.



For more information, please visit:
kidney.ca/Support/Resources/Webinars

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

****SCHEDULE SUBJECT TO CHANGE**



Whether you've been newly diagnosed with a health condition or chronic disease that you want to manage, or your desire is to maintain, or even improve health to prevent future, or further health concerns, this 7-module program will support you to:

- reflect on various lifestyle factors that impact your health
- identify potential areas you want to try to do differently;
- add movement into your day; and
- provide strategies to sustain your changes over time.

Developed by regulated health professionals

[Movement Series](#)

Welcome to the [movement component](#) of Well4U. Before you begin the movement module or any new exercise program please ensure you have reviewed the [before you begin module](#) and have filled out the [Get Active questionnaire](#). If you have any questions or concerns, please contact your health care provider and/or qualified exercise professional before beginning.

The movement section has been created with people new or newer to exercise in mind. You will need the following:

- To wear comfortable clothing that you can move in
- To wear proper athletic shoes for light exercise
- Have water and a towel nearby
- You may want a chair close to you to use for balance or seated exercises
- If you choose to use hand weights, have a light pair ready.
- If you do not have hand weights you can use water bottles or soup cans.
- If you choose to do floor exercises you may want a mat to lie on

Finally – remember to work at your own pace, take breaks as you need. You do not have to do all the movements as presented or stay on the beat of the music. Remember to drink water throughout the movement module. If you experience faintness, dizziness, pain or shortness of breath at any time you should STOP immediately.

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

****SCHEDULE SUBJECT TO CHANGE**

2024 Virtual Patient and Family Conference

REGISTER NOW



Offered through our Hope and Healing Program

Friday, November 29
5:30 p.m. - 7:45 p.m.

Saturday, November 30
8:30 a.m. - 3:30 p.m.

Free registration.

[Register here](#) or
scan the QR code.



Keynote Speaker:
S. Nicole Culos-Reed, PhD

Professor, Faculty of Kinesiology
Director, Health and Wellness Lab and
Thrive Centre, University of Calgary

*"If it were easy, we'd all be doing
it"...the value of exercise, and how
to get more of it.*

 **CancerCare Manitoba**
ActionCancerManitoba

Proudly supported by our generous donors through
 **CancerCare Manitoba**
FOUNDATION
All funds raised stay in Manitoba.

To register or for more information please email
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

****SCHEDULE SUBJECT TO CHANGE**

Support Group

Grief, Loss, Stress



The purpose of our program is to provide a safe and supportive environment where individuals of all ages can speak openly about their feelings.

The group experience is based on respect for each other and is led by trained volunteers.

We hope you will join us to share and listen with others who are struggling with loss, stress, grief, and well-being in our daily lives.

Pinawa Alliance Church

1 Bessborough Avenue

2nd & 4th Thursday of every month at 7 pm

Beginning October 10th

"fostering more compassionate communities that create spaces for connection, support, and meaning during difficult times"



For more information:
Contact Pat Porth
Two Rivers: 204-345-1227 or
ldbtorivers@gmail.com



4p
palpative manitoba



To register or for more information please email
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

Grief Support Group



This program offers a safe environment where grieving individuals can speak openly about their feelings. Please note that this is not a crisis or professional service, but rather a friendly support program, led by trained volunteers.

RM and Town of Lac du Bonnet

Lac du Bonnet District Health Centre

Monday evenings at 7 pm beginning November 4th
for 8 consecutive weeks

Drop-In Grief Support Groups are available in Seven Sisters, Whitemouth & Pinawa. Check out our website or contact us below for dates & locations.

"fostering more compassionate communities that create spaces for connection, support, and meaning during difficult times"



To register, please contact:
Pat Porth @ Two Rivers Seniors
204-345-1227 or
ldbtorivers@gmail.com



4P
palpative manitoba



To register or for more information please email
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

Grief Support Groups

This program offers a safe environment where grieving individuals can speak openly about their feelings. Please note that this is not a crisis or professional service, but rather a friendly support program, led by trained volunteers.

Whitemouth & Seven Sisters:

Whitemouth

Redeemer Lutheran Church
1st Tuesday of the Month
2 pm - 4pm

Seven Sisters

74147 Brookfield RD
4th Wednesday of the Month
10 am - 12pm

Grief Support Groups are also available in Lac du Bonnet and Pinawa.
Please contact us or visit our website for more info. Please join us!

"fostering more compassionate communities that create spaces for connection, support, and meaning during difficult times"



To register or for information:
Contact Sandra McGonigal
Two Rivers: 204-348-4610 or
whitemouthtworivers@gmail.com



4p
palliative manitoba



To register or for more information please email
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

Building Confidence for Day to Day Care

A conference for family and friends caring for people living with dementia. More information at alzheimer.mb.ca

Saturday October 19, visit alzheimer.mb.ca

The poster features a background image of a group of people in a meeting. At the top left is the Alzheimer Society Manitoba logo with the tagline 'Dementia Care & Brain Health'. At the top center is the 'care4u' logo, which consists of a stylized leaf or flower shape in blue, purple, and green. To the right of the 'care4u' logo is the 'brightwater' logo, with the text 'Event sponsor:' above it. Below the logos is the text 'A conference for family and friends caring for people living with dementia.' The main title 'Building Confidence for Day-to-Day Care' is in large blue font. Below it is the date 'Saturday, October 19th, 2024'. A purple oval on the left contains the text 'NEW LOCATION'. Below that is the location 'Victoria Inn Hotel & Convention Centre, 1808 Wellington Ave, Winnipeg, MB' and the time and cost '9 am - 3:30 pm | Cost: \$50'. A green bar with the text 'KEYNOTE SPEAKERS' is centered. Below this are two circular portraits. The left portrait shows a man and a woman, with the text 'Go With the Flow: Step Into Their World' and 'Karen Stobbe & Mondy Carter' below it. The right portrait shows a man with glasses, with the text 'A Mother and Son's Photographic Journey Through Dementia' and 'Tony Luciani, Artist' below it. A blue bar with the text 'DISCUSSION TOPICS' is centered. Below this is a paragraph: 'Connect with other care partners, engage with community service providers and learn from local and national speakers as we explore:'. Below the paragraph are two columns of bullet points. The left column lists: 'Family dynamics', 'Communication strategies', 'Legal and financial matters', and 'Physical and movement changes'. The right column lists: 'Responsive behaviours', 'Home safety', 'End of life', and 'And more!'. At the bottom, the text 'Online registration opens August 1st' and the website 'alzheimer.mb.ca' are displayed in white on a blue background.

Alzheimer Society
MANITOBA
Dementia Care & Brain Health

Event sponsor:
brightwater

care4u

A conference for family and friends
caring for people living with dementia.

Building Confidence for Day-to-Day Care

Saturday, October 19th, 2024

NEW LOCATION
Victoria Inn Hotel & Convention Centre
1808 Wellington Ave, Winnipeg, MB
9 am - 3:30 pm | Cost: \$50

KEYNOTE SPEAKERS

*Go With the Flow:
Step Into Their World*
Karen Stobbe &
Mondy Carter

*A Mother and Son's
Photographic Journey
Through Dementia*
Tony Luciani, Artist

DISCUSSION TOPICS

Connect with other care partners, engage with community service providers and learn from local and national speakers as we explore:

- Family dynamics
- Communication strategies
- Legal and financial matters
- Physical and movement changes
- Responsive behaviours
- Home safety
- End of life
- And more!

Online registration opens August 1st
alzheimer.mb.ca

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE



Offered in proud
partnership with:



Care Partner Support Groups

Support groups offer the opportunity for care partners to meet and share information about their experiences of caring for a person living with dementia.

Pinawa

The Ironwood Gardens

(West/Yellow Wing)

40 Vanier Ave

The 3rd Thursday of the Month

(starting April 18th, 2024)

1 – 3 pm

For more information and to register, contact:

Samantha Holland
First Link Regional Team Lead
204-268-4752
alzne@alzheimer.mb.ca

The Alzheimer Society is an inclusive space for people of different abilities, religions, cultures and the 2SLGBTQ+ community.

To register or for more information please email
wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**SCHEDULE SUBJECT TO CHANGE

Seniors Tea & Tales

Lutheran Church of the Cross, 253 McArthur Avenue
1:30 - 3:00 pm, second Monday of each month



Tea & Tales is a safe space to talk about your mental health, mood disorder, life's daily struggles, and everything in between. No judgment, come as you are. We look forward to meeting you!





☎ 204-250-4958 📍 253 McArthur Avenue ✉ mixedprogram@moodmb.ca 🌐 www.moodmb.ca

Seniors Tea & Tales

Gordon Howard Centre | 384 Eveline Street, Selkirk
Every Thursday from 1:00 - 2:30 pm



Tea & Tales is a safe space to talk about your mental health, mood disorder, life's daily struggles, and everything in between. No judgment, come as you are. We look forward to meeting you!



☎ 204-691-2956
 📍 100-4 Fort Street, Winnipeg, MB
 ✉ interlake@moodmb.ca
 🌐 www.moodmb.ca

S

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)
 **SCHEDULE SUBJECT TO CHANGE



[Senior Centre Without Walls through A & O: Support Services for Older Adults](#) offers free educational and recreational programs over the phone. The program reaches out to socially isolated older adults 55+ living in Manitoba. Individuals and groups are welcome. There is no cost to register. **We will call in all registered participants 10 minutes before programming begins. Participants will also be given a toll-free number to access programs on their own if needed (no pins or access codes required).**

Please view our current Program Guide in the attachment provided. The guide will be live on our website, along with a fillable worksheet to register right away.

In our guide you will find the following topics plus a whole lot more!

[CLICK HERE FOR THE SENIOR CENTRE WITHOUT WALLS PROGRAM](#)

[Vol 24: September – December 2024](#)

A&O

VOLUME 23
MAY - AUG
2024

**SENIOR CENTRE
WITHOUT WALLS**

IN THIS ISSUE

WINNIPEG HUMANE SOCIETY
THE WOLSELEY EXPEDITION OF 1879
LONG COVID

FREE TELEPHONE GROUP
ACTIVITIES FOR MANITOBANS 55+

*Large print versions of this guide are available.

For more information or to register:
204-956-6440 (Winnipeg)
1-888-333-3121 (Toll-free)
info@aosupportservices.ca
200-207 Donald St., Winnipeg, MB R3C 1M5

All participants will be called in ten minutes prior to the program start time using our audio conferencing system. Participants will also be provided with a toll-free number should they need to call themselves in. Information about this system and FAQs will be provided upon registration.

To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

****SCHEDULE SUBJECT TO CHANGE**