

Community Wellness Team

Interlake-Eastern Regional Health Authority

SCHEDULE OF CLASSES & EVENTS

OCTOBER 2024 *schedule may change at any time

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HEALTHY EATING

Craving Change®

A how-to workshop for changing relationships with food.

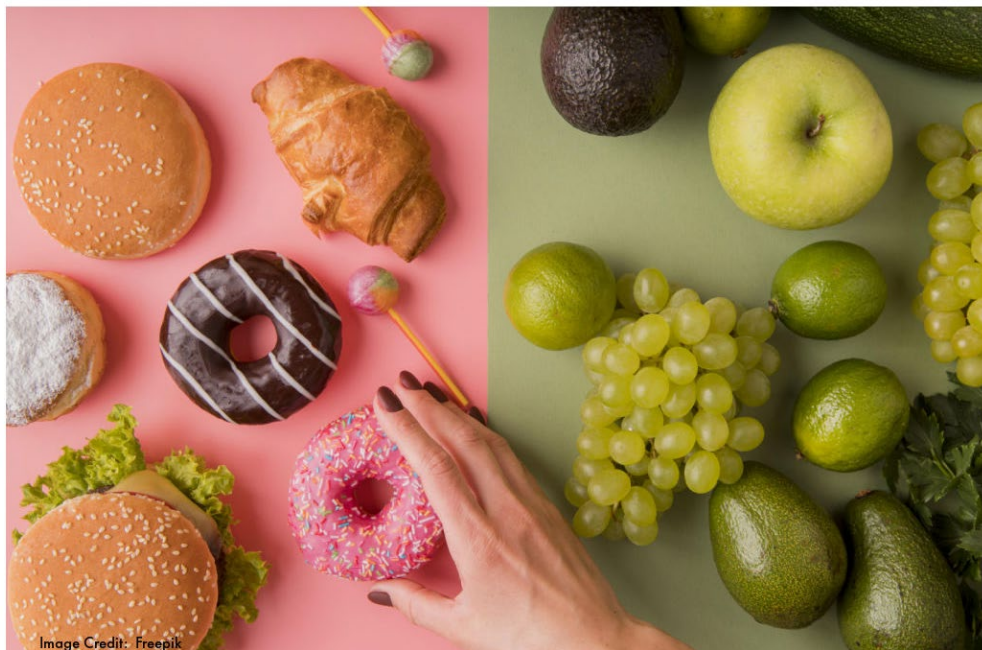
Change your thinking, change your eating.

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?"



To on the mailing list for future sessions please email wellness@ierha.ca or call toll free 1-877-979-WELL (9355)

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

HOW TO HAVE PLEASANT MEALTIMES

FEEDING LITTLES

Do you worry about what your children eat? or don't eat? Do you have questions about feeding your children or how to get them to eat new (or old) foods? or even eat at all? If yes, please join me Caroline Le Clair (Registered Dietitian) for a Virtual Class with tips on how to prevent meal time battles and what to do if they occur.

Call 1-877-979-9355 or email wellness@ierha.ca to register

Feeding Littles - How to have pleasant mealtimes

Thursday Oct 31st, 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)

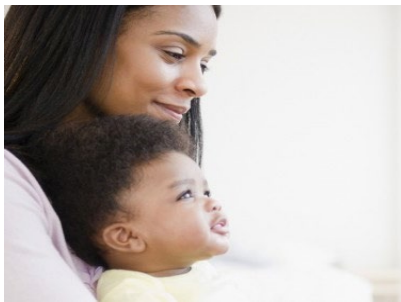
**SCHEDULE SUBJECT TO CHANGE

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

PHYSICAL ACTIVITY



No Gym Required

Thursdays
October 31,
November 7 & 14
10:30am-12:00pm

3 Part Series
Online - MS Teams

You will learn:

- * Where to begin
- * Goal Setting
- * Physical Activity Guidelines for Your Age Group
- * Walking Programs
- * Gentle Stretching & Body Weight Exercises

To Register: wellness@ierha.ca or
Toll Free 1-877-979-9355



Interlake-Eastern
Regional Health Authority

Community Wellness Team

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**



TOBACCO REDUCTION

A collaboration between:



Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg



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

Oct. 23 to Nov. 20, 2024

1:30 pm – 2:45 pm

Register by Oct. 16

Wednesday Evenings

Oct. 23 to Nov. 20, 2024

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



Register at QuitForaWeek.ca before the end of the month for your chance to **win \$500!**

Every registrant will receive free access to support and services from Smokers' Helpline. To create your personal plan and become tobacco-free for good, call **1-877-513-5333** or text **'iQuit'** to the **number 123456**.



* No purchase necessary. Smokers' Helpline clients must be a resident of SK, MB, ON, PEI or YK; Talk Tobacco clients must be a resident of BC, MB, ON or SK. SHL and TT participants must be age of majority or over and a current tobacco user or who has quit within three months and used tobacco at least one-hundred times. To be eligible to win, stay tobacco-free for the first seven days of the month. Each month (until April 2025) two cash prizes of \$500 will be awarded. (1) \$500 for SHL and TT participants (except BC) and (1) \$500 to TT participants of BC. Odds of winning depends on the number of entries in the applicable entry period. Skill testing question required. For full rules and prize information, visit QuitForaWeek.ca.
** all references to tobacco are to commercial tobacco products

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 October 23, 10:00am
- Wednesday November 27, 2:00pm
- Wednesday November 27, 6:00pm



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

Sign up for a 7-day Gratitude Challenge!

Take the 7-day Gratitude Challenge! Oct 15 – 21, 2024

Did you know, having an “Attitude of Gratitude,” can have mental and physical health benefits, such as better sleep and less anxiety? Sign up to receive an email delivered straight to your inbox each day for 7 days, with tips on how to develop and practice an attitude of gratitude!

The deadline to sign up is Monday October 7. [Click here to register for the Challenge 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

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](#) 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.



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>

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

**SCHEDULE SUBJECT TO CHANGE

SPIRIT OF CARING



Interlake-Eastern
Regional Health Authority

SPIRIT OF CARING COURSE

**Training for those interested to learn more
about Spiritual Health**

The 9 week course will explore topics such as:

- What is Spiritual Care in Health Care?
- Dying and Death
- Communication
- Spiritual Development
- Understanding Suffering and Compassion
- Trauma and Crisis
- Spiritual Diversity
- Self-Care, Prayer, Meditation & Rituals

MS Teams

Wednesdays

Oct. 16 – Dec. 11, 2024

1:00 PM – 3:30 PM

**IERHA Staff are
Welcome!**

**For more information, please call or email:
Ferdinand Funk, Regional Spiritual Health Services Coordinator
Ph. 204-461-3414 or Email: ffunk@ierha.ca**

Registration Deadline: Oct. 14, 2024

Learn more or Register for Free:

**[https://www.ierha.ca/about-us/community-
involvement/volunteer-opportunities/](https://www.ierha.ca/about-us/community-involvement/volunteer-opportunities/)**

REGISTER NOW

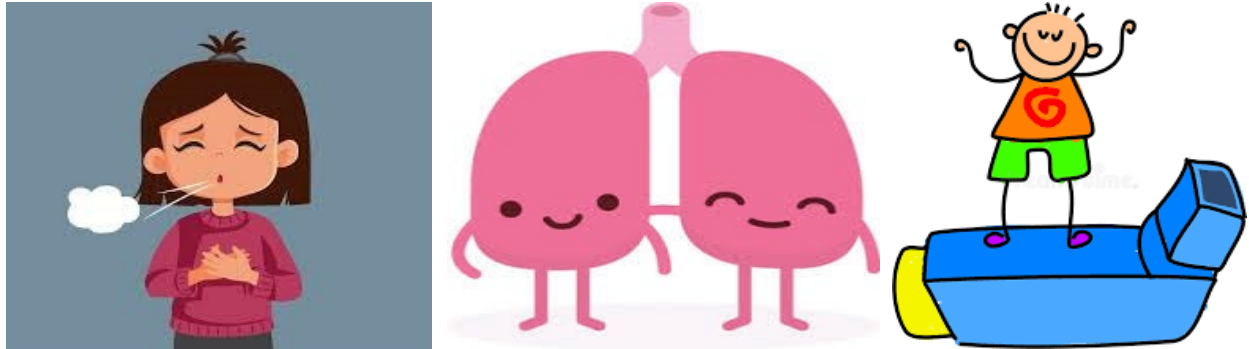


**Ferdinand Funk
Regional Spiritual Health Services Coordinator**

Ferd, a CASC/ACSS Certified Spiritual Care Practitioner, brings over 35 years of experience in congregational leadership and healthcare settings, including Long Term and Acute Care. He is dedicated to recruiting, training, and supporting individuals interested in serving as spiritual care volunteers, providing hope, care, respect, and compassion to patients and residents in Acute Care Hospitals and Personal Care Homes.

ASTHMA EDUCATION SESSION

For parents/caregivers of children with asthma



Come to a free session to learn asthma basics, how to manage your child's asthma and how to manage common asthma triggers and medications.

WHERE – Gaynor Family Regional Library, Selkirk MB

WHEN – Tuesday, Oct. 8 from 6:30-8:00pm

Free session lead by a local registered nurse.

Call 204-485-0704 to register before Oct 3.



Interlake–Eastern
Regional Health Authority

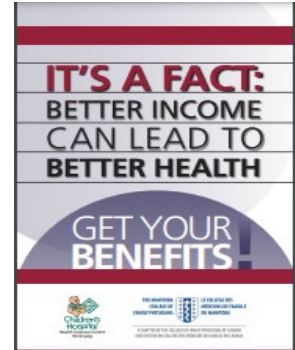
GET YOUR BENEFITS AND CREDITS

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



CANADIAN DENTAL CARE PLAN

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 → **Choose your Language** → **Apply**

Call 1-833-537-4342.

For English, press 1.
For French, press 2.

To apply, press 1.

1 = To complete your application

Identification (ID) Needed to Apply → **Written Language**

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

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

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

1 = English
2 = French

Private Dental Coverage → **Public Dental Coverage** → **Decision**

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.

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.

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)

BREASTCHECK SCREENING CLINICS



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

PINE FALLS
Pine Falls Health Complex

37 Maple Street

October 8-17, 2024

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

cancercare.mb.ca/breastcheck

PINE FALLS
Centre de santé de Pine Falls

37, rue Maple

8-17 octobre 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



**COMING
SOON!
BREASTCHECK
À VENIR
BIENTÔT!**

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

**Lac du Bonnet
Lac du Bonnet Health
Centre**

89 McIntosh Street E

October 30-November 6

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

cancercare.mb.ca/breastcheck

**Lac du Bonnet
Centre de santé de
Lac-du-Bonnet**

89, rue McIntosh E

30 octobre-6 novembre

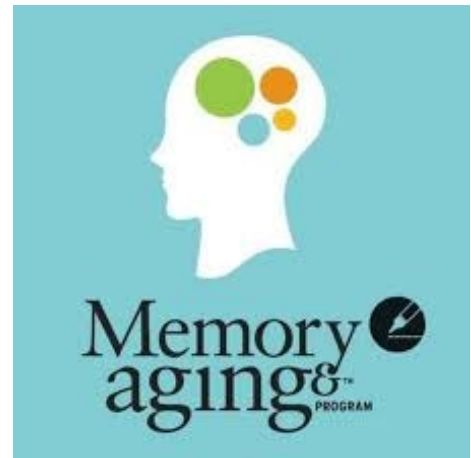
**Les femmes âgées de 50 à 74 ans devraient
téléphoner pour prendre un rendez-vous :
1-855-952-4325**

cancercare.mb.ca/breastcheck-f

COMMUNITY PARTNER EVENTS

While some degree of memory change is a normal part of aging, research shows there are effective strategies and skills you can use to help you remember the things that are important to you. Does this sound familiar?

- Did I turn off the stove?
- Where did I put my glasses?
- What was I about to do?
- When is his birthday?
- What was it that they told me the other day?



Please join us at the **Gordon Howard Centre 384 Eveline Street in Selkirk**. You will understand what memory is and how it changes with age. Uncover which factors can impact your memory for the better or for the worse. Explore lifestyle changes that can help improve your memory. Practice memory strategies. Improve your ability to recall everyday things. Build confidence in your memory. The program was developed for older adults but adults of all ages are welcome to attend. If you are experiencing normal age-related memory changes, or want to learn to protect and improve your brain health, join us.

Sessions are Wednesdays October 2nd , 9th & 16th 9:30 am to 11:00 am at the Gordon Howard Main Floor Boardroom. Space is limited so register soon.

To register call: 204-785-2092

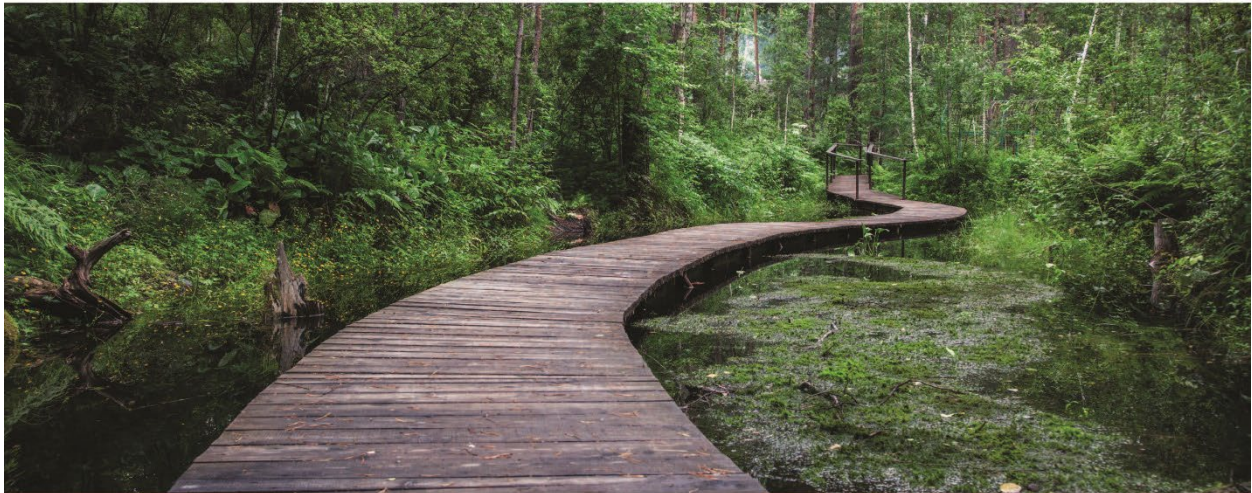


To register or for more information please email wellness@ierha.ca or call Toll Free 1-877-979-WELL (9355)

**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

Well4U

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

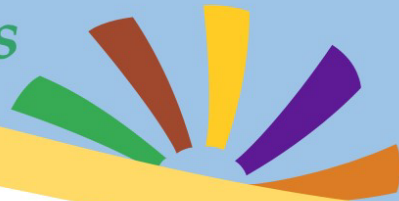
Welcome to the [movement component](#) of Well4U. Before you begin the movement module or any new exercise program please ensure you have reviewed the [before you begin module](#) and have filled out the [Get Active questionnaire](#). If you have any questions or concerns, please contact your health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

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

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

Pinawa

Alliance Church
2nd Thursday of the Month
7pm - 9pm



Lac du Bonnet

Abundant Life Church
3rd Monday of the Month
1pm - 3pm

Seven Sisters

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

To Register or for Information
Contact Marj Wiebe

Two Rivers 204-753-2962
pinawatworivers@gmail.com



4p
palliative manitoba



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 the Alzheimer Society Manitoba logo at the top left, the 'care4u' logo in the center, and the 'brightwater' event sponsor logo at the top right. The main title 'Building Confidence for Day-to-Day Care' is prominently displayed in blue. Below it, the date 'Saturday, October 19th, 2024' is shown. A purple oval highlights 'NEW LOCATION' next to the venue 'Victoria Inn Hotel & Convention Centre, 1808 Wellington Ave, Winnipeg, MB'. The time '9 am - 3:30 pm' and cost '\$50' are listed below. A green bar separates the 'KEYNOTE SPEAKERS' section, which includes photos and names of Karen Stobbe & Mondy Carter, and Tony Luciani, Artist. A blue bar separates the 'DISCUSSION TOPICS' section, which lists various topics like family dynamics, communication strategies, and responsive behaviours. The bottom of the poster features the registration information: 'Online registration opens August 1st alzheimer.mb.ca'.

Alzheimer Society
MANITOBA
Dementia Care & Brain Health

care4u

Event sponsor:
brightwater

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

Care Partner Support Groups



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

Whitemouth (in-person)

Redeemer Lutheran Church

135 Henderson Ave, in the basement

First Wednesday of the month
from 1:30 - 3 pm

Third Wednesday of the month
from 6 - 7:30 pm

alzne@alzheimer.mb.ca

Visit alzheimer.mb.ca for the full list of support group sessions available in Manitoba.

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

For more information and to register, contact Samantha Holland, First Link® Regional Team Lead at alzne@alzheimer.mb.ca or 204-268-4752.



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.

Seniors Tea & Tales

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

*Lac du
Bennet!*



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!



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

Helping People
Help Themselves



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!



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

Helping People
Help Themselves

204-891-2956
100-4 Fort Street, Winnipeg, MB
interlake@moodmb.ca
www.moodmb.ca

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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

[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 1870
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)

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**SCHEDULE SUBJECT TO CHANGE