



Wellness Wednesday Workshop

January 18, 2012

At 225 Woodman Avenue SE

9:45 Registration and Refreshments

10:00 am to noon ~ Presentation

“Alberta Seniors Benefits”

Join us to learn about:

~ Alberta Seniors Programs and Services ~ Who may qualify ~ Where to apply ~

~ free admission, hand-outs, and door prize entry ~

To save a seat, just call **403 529-8383** on or before January 17.

Everyone is welcome. Bring a friend or meet a new one.

Stay for our **Park Side Eatery \$5** lunch special!

An evening session will follow at 7 pm on January 25

at the Medicine Hat Public Library.

To save a seat, just call 403 529-8383 on or before January 17.

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Another **FREE** Wellness Wednesday Workshop

January 25 ~ 9:45 am to noon

“DILLS” ~ The Drop In Lifelong Learning Series

created especially for the Medicine Hat area’s 50-plus population.

“Responding to Challenging People”

Guest Speaker: Our friend from Medicine Hat Family Service

Enjoy refreshments and the company of others.

Everyone is welcome! Bring a friend or meet a new one!

To save a seat, just call **403 529-8383** or before January 24.

Your Community Wellness Education Council

Hosts Learning Opportunities for Older Persons and Families

Thank you for checking out **Community Wellness** on the
“EVENTS” side bar menu on-line at:

www.medicinehat.ca



Community Wellness Events on Wednesdays 2012

February 8 ~ 9:00 am to noon

FREE 2nd Wednesday Wellness Plus Program

Free telephone or in-person consultations with
Medicine Hat Family Service Professionals on:

Stress Management; Family Issues; or, Health and Age Related Losses.

Please call **403 529-8383** for an appointment.

February 15 ~ 9:45 am to noon

FREE 3rd Wednesday Wellness Workshop

Topic: "Lose Your Luggage and Love It"

~ Motivate Yourself to Action and Take Control of Your Life ~
with practical tips from our friend, **Cori Fischer**
of the Canadian Mental Health Association.

Everyone is welcome to this free community event!

Please call **403 529-8383** on or before **February 14** to save a seat.

Bring a friend or meet a new one!

Stay for our \$5 Lunch Special in the Park side Eatery!

~ free admission and door prize entry ~

February 22 ~ 9:45 am to noon

FREE 4th Wednesday Wellness Workshop

"DILLS" ~ The Drop In Lifelong Learning Series

created especially for the Medicine Hat area's 50-plus population

Topic: **"Are You Dating Again?"**

Guest Speaker: Our friend, **Cathy Brotzell** from Medicine Hat Family Service.

Enjoy refreshments and the company of others.

Everyone is welcome! Bring a friend or meet a new one!

Please call **403 529-8383** on or before February 21 to save a seat.

New in March!

March 7 ~ 1 to 3 pm

FREE 1st Wednesday Movie Matinée and Munchies

Everyone is welcome to join us for **"O Brother, Where Art Thou?"**

George Clooney with two other escaped convicts seek hidden treasure
with a relentless lawman on their trail in this "PG 13" rated show.

Please call **403 529-8383** on or before March 6 to save a seat.

Coming again on March 21 ~ 1 to 3 pm

FREE 4th Wednesday "Live and Learn" Wednesday afternoon program for all ages!

~ come for one or come for the whole workshop series ~

Share your knowledge, wisdom or experience in a facilitated group discussion.

Engage in lively discussion on topics such as:

Dealing With Our Emotions ~ loss, grief, fear, anger, or hurt; Coping Strategies on Burnout;
Perception and Communication; Aging; Generational Values and Beliefs; and more!

For further information or to register, please call **403 504-8026** or **403 529-8383**.

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