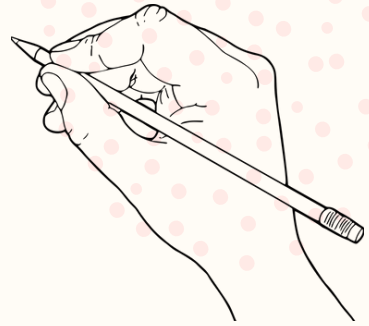


TAMIL CAREGIVER WELLNESS PROGRAM

FOR TAMIL CAREGIVERS: SENIORS, FAMILIES & FRIENDS

January 11: Therapeutic Drawing

Join our easy and relaxing drawing sessions, perfect for beginners or those who just love to draw. Follow along a simple step-by-step instructional that will help teach you basic techniques in drawing objects. Workshop is led by professional artist. Health benefits: support memory, help reduce stress, improve mental health & fine motor skills, help with understanding yourself



January 18: An Overview of Dementia and Alzheimer's Disease

January 25: Getting the Most from your Healthcare Appointment

This 1.5-hour interactive workshop focuses on what to do before, during, and after an appointment. Also, this workshop prepares and empowers individuals to communicate more effectively with their health care providers, and teaches action planning to optimize one's health



All workshops are free & delivered in Tamil on Zoom from
2 - 3 p.m.

Registration required: 416-948-6948 or
djayapathy@schcontario.c