

Bursting out of Social Isolation

Grab your phone and Join in

- Programs are multi-person phone conversations (or conference calls)
- You will share the conversation with about 10 people
- No special equipment needed - any phone will do!
- A moderator will make it possible for you to listen, to speak to each other one at a time, learn, and have fun.

DATES & TIMES

Saturdays at 3:00PM

Feb 20 - March 13

4-week course

Resilient Aging

Visiting your Doctor

Healthy Housing Options



**You register by calling Anne at 905.962.5284
leave your name and phone number
we call you at the designated time**

Sponsors
Hamilton Aging in Community
Hamilton Council on Aging



The First Unitarian Church of Hamilton

