



The Fountain of Health in partnership with Wellness Together Canada are pleased to announce FREE virtual educational opportunities to promote aging well.

New sessions available!

1 The Art and Science of Aging Well

Dates: February 6 @ 3:00-4:00 Eastern
February 14 @ 3:00-4:00 Eastern
February 23 @ 12:00-1:00 Eastern **(French)**

2 Optimal Aging 4-Week Workshop - Weekly Sessions

Dates: February 20 - March 12 @ 3:00-4:30 Eastern
March 8 - March 28 @ 12:00-1:30 Eastern **(French)**

3 Booster: THRIVE with Self-Compassion

Dates: April 2 @ 3:00-4:00 Eastern
April 5 @ 12:00-1:00 Eastern **(French)**

Register Now

 www.fohwtc.ca/

 info@fountainofhealth.ca



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Fountain of Health provides free virtual educational webinars and workshops for people midlife and older