



Nepean, Rideau and Osgoode  
Community Resource Centre  
NROCRC

## **Health and Wellness for seniors**

**Health and Wellness Program is for seniors of Chinese background. This program offers the opportunities for friendship and socialization to those who may be isolated due to language barrier or who live alone. This also includes health education and advice on relevant issues, social outing, workshops and fitness component to improve the overall fitness level of the participant.**

**Starting: February 16<sup>th</sup>, 2009**

**Date: Wednesday**

**Time: 5:30PM**

**Location: 1642 Merivale Rd, Unit 541 (NROCRC)**

**Contact: Nepean, Rideau and Osgoode Community Resource Centre**

**Nouria Issa @ 613 596-5626 ex 255 or**

**Meghann Darroch at 613 596 5626**

*Volunteer opportunities are available to anyone who can share some time, talent, and skills. The continuing goal is to recruit volunteers to help in the following areas: classes/activities to enhance and enrich the quality of life for women who live in Barrhaven. The objective is to promote health, well being, and independence through recreation, creative activity.*

