Building a Community

Recovery from and Living with COVID-19

November 16, 2021
1 - 3 pm
Strathmore Municipal Library, Program Room

85 Lakeside Blvd., Strathmore

Free event for 55 yrs and older
Limited to 16 participants
Snack and Water provided

Register by November 12 through
www.bridgingthegapalberta.ca
- Eventbrite link

audra.seniorswellness@gmail.com
403-361-1030

COVID-19 protocols will be followed.
Masks are required to be worn
throughout the session.

Guest Speakers, **Nancy van Egmond** from Bridging the Gap (BTG) and **Strathmore Family and Community Support Services** (SFCSS).

Have you felt isolated, especially because of COVID-19?
Come join us for a guided discussion on how to reconnect and leave with information on resources.

hope)
4 the Future
SENIORS WELLNESS
Community Collaborative

Growing Families Society
for East Rural Counties

FCSS
Strathmore
Family and Community
Support Services

Bridging
the Gap