



What to do if it feels like a Zoo?

Recovery from and Living with COVID-19

November 30, 2021

1:00 – 3:00 pm

Strathmore Municipal Library,
Program Room

85 Lakeside Blvd., Strathmore

Guest Speaker, **Joanne Simpson**
Outreach Worker, BA Psych, BCR
AHS - Addictions and Mental Health

Has COVID- 19 added more stress to your life?

*Come join us for a guided
discussion on stress and take
home tips on how to manage it.*

FREE Event for 55 yrs and older
Limited to 18 participants
Snack and Water provided

Register by

November 25 through

www.bridgingthegapalberta.ca -
Eventbrite link

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

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