REGISTER FOR OSSCO’S

TELELEARNING PROGRAM

**ON**

 WEDNESDAY, FEBRUARY 17, 2021

**from 1:00 -2:00 pm**

DEBBIE BAUER, Resiliency Tutor, presents this learning program hosted by OSSCO Training Consultant Noreen. Debbie is a Registered Occupational Therapist with many years of experience helping people with their sense of wellbeing. She will take us on a journey to help ....

* empower you with a toolbox of practical skills that fosters mental health, self-care and builds resiliency!
* activate and increase your inner resources of courage, confidence, and strength.

**This program is offered by phone...removing barriers to learning and *free* to people 55+**

**Register by email at** **info@ossco.org** **or phone 416-785-8570 ex 223.**

You will receive the telephone number and code.