



# OSSCO© Tele-Learning

presents

## SENIOR WELLNESS STRATEGIES FOR 55+

**March 20, 2024**

**Wednesday Afternoon**

**1:00 PM to 2:00 PM**

**via Zoom or Telephone**



Join us as the Scarborough Centre for Healthy Communities (SCHC) presents this workshop. Our knowledge expert, Meanusha Velummylum, is a registered nurse and graduate from the Bachelor of Science in Nursing program at the Toronto Metropolitan University. Meanusha completed a post-graduate certificate as well in Critical Care Nursing at Humber College. She is working at SCHC in the High Priority Community Strategies program.

Meanusha discusses the following with us during the webinar:

- Normal physiological changes in your body as you age
- Preventative health - what you can do to prevent chronic health conditions as you age
- How to combat stress and improve your mental-wellbeing

Ask questions. Become engaged. Learn how you can apply these strategies to help your well-being.

**[This program is free of charge to all Ontarians 55+.](#)**

**[We encourage you to share this information with your friends & family.](#)**

**Registration is required** via Eventbrite

**or email: [education@ossco.org](mailto:education@ossco.org) or Call 1-416-785-8570 ext. 224**

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