

Morning Wellness Group



Interacting with others boosts feelings of well-being and decreases feelings of depression and anxiety. Research has shown that one way of improving our mood is to work on building social connections.

This group is intended to help ease social isolation and feelings of loneliness that many people are experiencing right now. Different wellness topics will also be discussed. A special presentation on various wellness topics will be provided the first Friday of every month. Join us in coming together in the morning. Maybe bring your favourite warm beverage and interact on a more social level.

Every Friday
starting January 8, 2021
9:30 a.m. to 11 a.m.

To register please contact Barb at
bcatalano@communitycaredurham.on.ca

