



# AUGUST ACTIVITIES

## JOIN US EVERY TUESDAY & THURSDAY

We are bringing expert health and wellness care directly to you! Our virtual series will help you stay informed, stay connected & stay #VibrantSTRONG! To register call 416-486-8666 ext 234 or [jennifert@vibranthealthcare.ca](mailto:jennifert@vibranthealthcare.ca)

### HEALTH & WELLNESS SERIES EVERY TUESDAY & THURSDAY 1-2PM

UNDERSTANDING EMOTIONS & ANXIETY	August 4
STAYING HEALTHY & MENTAL WELLNESS	August 6
PRIORITIES & TIME MANAGEMENT	August 11
SING ALONG	August 13
DEALING WITH CHANGE IN THE CONTEXT OF COVID-19	August 18
IMPORTANCE OF CARDIOPULMONARY FITNESS	August 20
GETTING TO KNOW YOUR FEET	August 25
COVID-19 - STAY INFORMED & STAY HEALTHY	August 27

To learn more about our #VibrantSTRONG Wellness Care Packages speak to any Vibrant staff member or call 416-486-8666 ext.228

Great news to share our Boccia program will be resuming!

To learn more call 416-486-8666 ext. 227 or [julianek@vibranthealthcare.ca](mailto:julianek@vibranthealthcare.ca)



An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario

free



**HOT LUNCH**

**EVERY TUESDAY &  
THURSDAY 1-3pm**

**call 416-486-8666**

**ext 239 to reserve**

**your take home lunch**

**New Books Available  
call 416-486-8666**

**ext 239 to learn more  
how to obtain one**



**Please join in  
supporting our  
#VibrantSTRONG  
campaign!**

**WE ARE #VibrantSTRONG**

**Click here to learn  
more to about [Virtual  
Health Promotion  
Programs & Services](#)**

**or check out our  
website**

**[www.vibranthealthcare.ca](http://www.vibranthealthcare.ca)**

VIBRANT HEALTHCARE ALLIANCE

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