

We are #VibrantSTRONG.

Virtual Health and Wellness Series

Tuesdays and Thursdays 1 - 2 PM

At Vibrant Healthcare Alliance, we're bringing expert health and wellness care directly to you!

Our virtual series on Tuesdays and Thursdays from 1–2 PM will help you stay informed, stay connected and stay #VibrantSTRONG.



TOPIC	WITH	WHEN
UNDERSTANDING EMOTIONS & ANXIETY	Mark Silverman Physician	Tuesday, August 4, 2020
STAYING HEALTHY & MENTAL WELLNESS	Janis MacDonald Nurse Practitioner Mary Jane Woolacott Social Worker	Thursday, August 6, 2020
PRIORITIES & TIME MANAGEMENT	Hatsue Knight Occupational Therapist	Tuesday, August 11, 2020
SING ALONG	Monica Gordon Attendant Care	Thursday, August 13, 2020
DEALING WITH CHANGE IN THE CONTEXT OF COVID-19	Lindsay Stacey Psychogeriatric Resource Consultant	Tuesday, August 18, 2020
IMPORTANCE OF CARDIOPULMONARY FITNESS	Tirana Babakhani Physiotherapist	Thursday, August 20, 2020
GETTING TO KNOW YOUR FEET	Silvia Araujo Chiropodist	Tuesday, August 25, 2020
COVID-19 - STAY INFORMED & STAY HEALTHY	Anne Crasto Health Promoter	Thursday, August 27, 2020

**Register: 416-486-8666 ext. 234 or
jennifert@vibranthealthcare.ca**

