



Seniors  
Connect

Better Together: Age-Friendly Nanaimo

**EVERYONE CAN BE A CHAMPION!**



## **Free 1 Hour Workshop: Prevention of Social Isolation in Seniors Become a Certified 'Better Together Champion'!**

*Sadly, right here in our community, many seniors are isolated. In time, social isolation and lack of meaningful contact with others can lead to serious physical illness, mental health and quality of life issues for older people. This is NOT a normal part of aging. Learn more at this interactive workshop!*

**Workshop Date:**

**Location:**

This interactive workshop is suitable for all community members, businesses, students, and anyone who cares about the health of seniors in our community.

- ✓ Key signs of social isolation in seniors
- ✓ Health risks of social isolation
- ✓ Interactive discussion
- ✓ How to identify community members who may be at risk
- ✓ What to do and who to call if you know someone who is socially isolated or at risk
- ✓ A certificate is provided at the end of the course

**For more information, or to RSVP: Email: [bettertogethernanaimo@gmail.com](mailto:bettertogethernanaimo@gmail.com)**

**Phone: 250-760-0301**

**Website Link to Event: <https://www.nanaimoseniorsconnect.ca/event/better-together-champions/>**