

SOCIAL STRATEGIES FOR SENIORS

PART OF THE FULL ESTEEM AHEAD SERIES

SuiteLiving360 cordially invites you to a free social learning opportunity presented by:



Larry Cain

Olympic gold medallist



Norma Gamble

Social innovator

At this interactive session for seniors, created and delivered by seniors, Larry Cain's inspiring success stories will enable you to:

- Learn strategies on how to optimize the quality of your life by living it with passion and purpose
- Increase your ability to achieve health and wellness in body, mind and spirit
- Discover ways to be more engaged and participate actively in creative lifelong learning opportunities
- Recognize the value of your life's experiences that can be shared with others
- Increase your self-esteem and acquire greater confidence in the process
- Find interesting volunteer opportunities to give back to your community
- Meet like-minded older adults who are lifelong learners like you

Holiday refreshments will be served.

More information / contact norma@suiteliving360.org
905.845.8887

ARE YOU 55+ AND AN
AVID LIFELONG
LEARNER?



WHEN:

Tues., Dec. 4th | 2 - 4 pm
Thurs., Dec. 6th | 2 - 4 pm
Fri., Dec. 7th | 10 am - 12 noon

WHERE:

Oakville Public Library
120 Navy St.
2nd Floor Auditorium
cor. Lakeshore Rd.,
downtown Oakville

REGISTER:

Admission is free but
registration is required

www.bit.ly/sl360

