

A series overview:

Understanding mental health and well-being in later life



Join a workshop for older adults (65+)
where we'll discuss:

- What are mental health, mental illness and addiction?
- What can affect the mental health of older adults?
- How can you stay well?

Lakehead Nurse Practitioner-Led Clinic

Thursdays, November 9 - December 14

1:30pm-3:00pm

To register, please contact clinic reception

807-475-9595