

# CROSSROADS WELLNESS PROGRAM PRESENTS:

**WEDNESDAY WELLNESS SESSIONS:  
WEDNESDAY MORNINGS — 9:30 TO 10:30 A.M.**

## **Feb. 6 Protect Your Health**

Join us for a discussion about heart disease and stroke: risk factors, treatment, and current research.

## **Feb. 13 Osteoporosis & Exercise**

Join us for a discussion about the role of exercise in maintaining bone health and mobility.

## **Feb. 20 Introduction to COPD**

Join us for a discussion about COPD (Chronic Obstructive Pulmonary Disease) and how you can manage your symptoms.

## **Feb. 27 Open Discussion: Wellness-Related Topics**

Facilitator: Eleanor Belfry-Lyttle.

Sessions take place at Crossroads United Church  
located at 690 Sir John A. Macdonald Blvd.  
A good will offering is appreciated.

