

**CELEBRATING  
INTERNATIONAL WOMEN'S DAY:  
IN-PERSON EVENT**



In Collaboration  
with MIAG



**Thursday, March 5, 2026 | 11:00 a.m. - 2:00 p.m.**

Join our Women's Day Celebration honouring International Women's Day and celebrating strength, connection and community. This session will cover the following:

- Understanding loneliness and social isolation in later life
- Women's well-being and social connection
- Practical coping strategies

**Limited Seats Available**

**7700 Hurontario Street, Unit 601, Suite 100  
Community Door, Brampton ON L6Y 4M3**

**REGISTER NOW**

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