achēv SENIORS ENGAGE & THRIVE



STRESS LESS, DANCE MORE: IN-PERSON EVENT FOR NEWCOMERS & 55+

In Collaboration with
Wellfort Community Health Services

WellFort Community Health Services

Thursday, November 19, 2026 | 9:45 a.m. - 1:00 p.m.

40 Finchgate Blvd., Community Room 109 (Main Floor), Brampton L6T 3J1

Stress Management

- Learn practical stress management techniques
- Build healthy habits for greater well-being
- Feel calmer, more balanced, and resilient

Hypertension

- Learn how nutrition supports healthy blood pressure
- Explore simple ways to stay active and healthy
- Discover lifestyle habits for heart health



Move to the Beat, Bollywood Style for a Healthier You!

- Join us for a fun Bollywood physical activity session with Bollywood Physical activity instructor



Eligibility - Permanent Residents & Convention Refugees

Registration confirmation is required to participate

REGISTER NOW

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