

TAMIL CAREGIVER WELLNESS HEALTH AND WELLNESS PROGRAM



Programs target the caregivers' physical, mental, social, and intellectual aspects of health. Some examples of what we offer are health education, art therapy, promoting healthy lifestyle change, chronic disease prevention and management, and legal literacy.

 Every Tuesday except first Tuesday of the month

 Virtual (ZOOM)

 2:00pm - 3:00pm

For Tamil caregivers
and seniors

To register, call **416-948-6948** or
email djayapathy@schcontario.ca



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES