

Innisfail Senior Drop-In Society



Nurturing Mind, Body, Spirit 50+

Wellness Programs

Professional presentations on health and wellness are held the 3rd Wednesday from 10 am to 12 noon, January to June and September to November (9 sessions)

Open to members and the public (no age restrictions)

Coffee and refreshments served at 9:45 a.m.

Pre-registration preferred Call: 403 227-6601 or email: seniordropin@outlook.com

\$2.00 charge for members & \$3.00 for non-members

Topics vary from elder abuse, healthy aging, dementia, disaster preparedness to wills and estates, helping hands, crafts and hobbies, and laughter. Subjects for sessions are primarily chosen for personal knowledge and improvement for aging adults 50+

Each topic is presented or facilitated by a professional in that field from our community or surrounding area

The Wellness program is supported through an F.C.S.S. (Family and Community Support Services) funding grant and includes annual reporting to the F.C.S.S. Board. Attendees are asked to complete a program evaluation survey

