

# Seniors4Change AGING WELL & NAVIGATING CARE

FREE 3-Part Workshop Series at Philpott Church

The Hamilton Council on Aging is pleased to partner with Philpott Church and the United Way of Halton & Hamilton to offer a FREE 3-PART WORKSHOP SERIES for older adults in Hamilton.

Learn tips for positive aging and how to confidently navigate health and community care. Refreshments provided.

Practical Tips for  
Positive Aging

**Wednesday,  
September 10, 2025**

Navigating the  
Healthcare System

**Wednesday,  
October 8, 2025**

Navigating Community Supports  
**Wednesday, November 12, 2025**

**Philpott CHURCH  
84 York Boulevard  
Hamilton, ON L8R 1R6**

**QUESTIONS?**  
Contact Shelagh at  
905-920-7721 or  
[shelagh@hamiltoncoa.com](mailto:shelagh@hamiltoncoa.com)



**United Way**  
Halton & Hamilton

IN PARTNERSHIP WITH  
PHILOTT CHURCH

Don't miss this  
opportunity to  
learn, connect with  
your community,  
and access local  
resources  
dedicated to your  
well-being!

