

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, 10:30am**

Navigating the
Healthcare System

**Wednesday,
October 8, 10:30am**

Navigating Community Supports
Wednesday, November 12, 10:30am

**PHILPOTT CHURCH
84 YORK BOULEVARD
HAMILTON, ON L8R 1R6**

**QUESTIONS?
CONTACT PHILPOTT CHURCH
905.523.7000**

HCOA
Hamilton Council on Aging

 **United Way**
Halton & Hamilton

 **PHILPOTT
CHURCH**
*a community
of grace*

IN
PARTNERSHIP
WITH PHILPOTT
CHURCH

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

