

Third Age Outreach

SPECIALIZED GERIATRIC SERVICES

Third Age Outreach is part of St. Joseph's Health Care London's Specialized Geriatric Services program. This unique hospital outreach service is located in the City of London's Kiwanis Seniors Community Centre.

Third Age offers programs, educational courses, group activities and therapeutic recreation promoting wellness, personal development, independence and improved quality of life for seniors.

If you are interested in any of these programs or would like additional information, please call the **Third Age Outreach** office.

519-661-1620 or

email: TAO@sjhc.london.on.ca

Location of Third Age Outreach

Location:

Due to Covid 19 restrictions access to the Third Age Outreach office is not permitted at this time.

Programs will be offered virtually and/or via telephone

519-661-1620 or

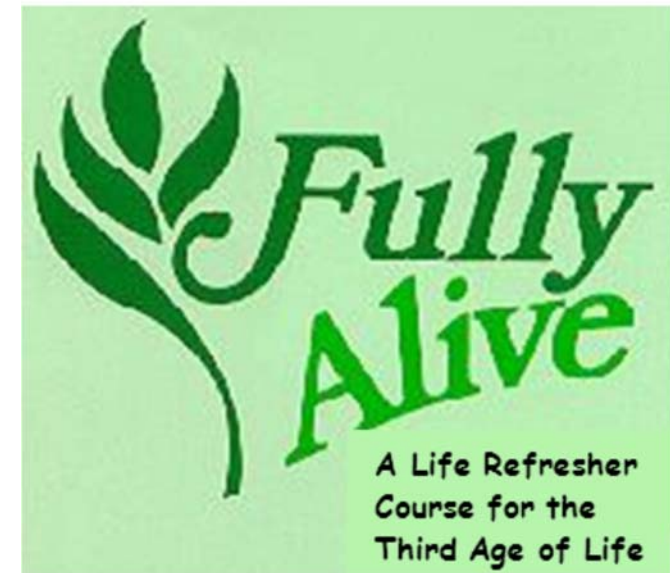
email: TAO@sjhc.london.on.ca

www.thirdageoutreach.ca

CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869



sjhc.london.on.ca



**8 - Week Virtual Program
Focusing on
Well being for Seniors
Tuesdays and Thursdays
Starting November 17,
2020 10:00 am - 11:30 am**

**Call Bev at 519-661-1620
for more information or to
register**

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.

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Program Content

Being Fully Alive

Achieve a balance between caring for self and caring for others. Learn to be as well as you can in your situation.

Challenges of Being Fully Alive

Discover new ways of improving your self-esteem and coping with change.

Harness Your Physical Powers

Learn a few simple exercises to improve your mobility and independence.

Harness Your Emotional Powers

Joys, sorrows and disappointments are all part of the human journey. Learn how to express these feelings which will enrich your life. Laughter is essential to well-being.

Harness Your Mental and Spiritual Strengths

Use your mind to enrich your life. Open up to the spiritual power of forgiveness and the delight of daydreaming.

Dealing with Stress

Learn how to make stress work for you.

A New Life from Grief

Recognize grief as a normal part of healing after a loss.

Depression

Learn to recognize symptoms of depression and what you can do to help yourself and others.

Being Alone and Being Together

Examine the nature of loneliness and find ways to cultivate solitude. Discover and build new relationships.

Planning for the Future

Explore lessons that can be learned in later life. Review what you've learned and make plans for the future!