

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:

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

The Virtual Journal Café

Where
self-expression
becomes
self-discovery

New Virtual Program
begins Monday,
November 16, 2020
1:30 - 2:30 pm

Call Bev at 519-661-1620
or email:
TAO@sjhc.london.on.ca

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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Journaling has many health benefits.

The Journal Café program is designed for you, the writer, to use various writing techniques that will empower the Emotional, Spiritual, Mental, Physical and Social self and enhance your ability to harness the magic of pen to paper.



Registration is required for this program.

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Each week we will explore new and creative ways to discover the world of journaling through:

- Dialoging
- List Making
- Gratitude
- Self-Improvement
-and more