



自得耆樂: 養生運動如何紓解情緒 (廣東話)

日期: 2月26日(星期三)

時間: 下午5 - 6時

內容:

- 情緒與我們腦子的關係
- 臨床抑鬱症與情緒低落的分別
- 如何紓解長者的情緒?
- 運動如何促進紓解你的情緒?
- 簡易運動及要訣



主講: 蔡雅宜姑娘

西乃健康- 西乃山醫院恆康中心, 中心經理及安省註冊社工

地點: **SPLC 耆樂中心 - 康樂室**

3333 Finch Ave. East (Finch and Warden)

歡迎長者和照顧長者人仕參加

查詢及報名請致電: 416 – 493 – 3333

Free Workshop in Cantonese

How Physical Exercise Improve Your Mood

Learn About:

- Understand the relationship between our mood and our brain
- What is the difference between clinical depression and sadness
- How to help seniors to improve their mood?
- How does exercise boost your mood
- Simple exercise demo and tips

Speaker: Maria Choi, BSW(Hons), MHSc, RSW
Program Manager, Mount Sinai Hospital Wellness Centre
Sinai Health

Date: Feb 26, Wednesday **Time:** 5:00pm – 6:00pm

Place: Senior Persons Living Connected – Recreation Room
3333 Finch Ave. East

To register, please call (416) 493 – 3333

Older adults, & caregivers of aging relatives are welcome!