



LITE Education

Loneliness, Isolation to Empowerment

An opportunity for service providers, volunteers, community groups, family members, and older adults to learn about issues impacting adults aged 55 and older. Strengthen your skills and capacity to support older adults who live in Halton and help promote age-friendly practices.

- ☀️ **Free of cost**
- ☀️ 3-hour, in-person education
- ☀️ 6 to 12 participants per session
- ☀️ Receive a Certificate of Participation

A partnership with Connection in Action & Halton Elder Abuse Prevention Network.

Learn about:

- ☀️ Halton's 55+ population
- ☀️ Health and social risks and impacts of social isolation and loneliness
- ☀️ Ageism and Age-Friendly Environments
- ☀️ 'It's Not Right!' Elder Abuse Prevention
- ☀️ Spot the signs and learn how to help

Contact us:

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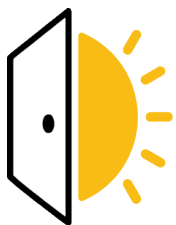
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Connection in Action
Social Supports for Older Adults



**Halton Elder Abuse
Prevention Network**