Connection in Action

Social Supports for Older Adults

Social Connections: A Free Information Event for Adults 55+

Join us!

Wednesday

May 22

10 am - 1 pm

Knox Presbyterian Church

170 Main St E, Milton

Did You Know? Older adults in Halton who report a strong sense of community-belonging also report better mental health.

You are invited to hear from speakers about programs and services offered in Halton, to visit our information tables, and to meet new people.

Learn about Connection in Action, an information and referral hub for adults aged 55+. Learn about the value of social connections and the impacts of isolation and loneliness.

Please contact us to Register:

(365) 999-2948

Hello@ConnectionInAction.ca

or click here to register online

- **Light refreshments will be served.**
- **Space is limited.**
- **Registration is required.**