

Older Adults are Building New Connections and Friendships in Your Community!

The **Links2Wellbeing: Social Prescribing for Older Adults** project can help:

- Improve health and wellbeing by connecting to social, recreational and physical programs
- Enhance access to in-person and virtual programs
- Subsidize memberships or transportation fees (where available)



For more information

1-866-835-7693

L2W@oacao.org

oacao.org/programs/links2wellbeing/



Scan to find
a participating
Seniors Active Living
Centre near you



Links2Wellbeing
social prescribing for older adults