



**Links2Wellbeing**  
social prescribing for older adults

## Impact Stories

Have you had fun this week?  
Have you engaged with peers for pure enjoyment?  
What do you need to make that happen?



Links2Wellbeing social prescribing participants report increased mental health and improved connection to their community. Whether engaging once a month, once a week, or daily, the benefits of social engagement and participation are evident. Take it from clients who have tried it!

**"Despite [my] osteoarthritis, I feel stronger...thanks to L2W's subsidy, I started joining more recreational activities. In the past five months, I have been taking violin lessons – something I have always wanted to try. Saying it has seriously changed my life is an understatement."**



### ***Connect. Belong. Feel Better.***

*"I was a very quiet person and stayed by myself but now I am slowly becoming part of the group and making friends. There is always someone to talk to."*

*"This change makes me feel physically and mentally well. Regular food supply reduces my stress; exercise makes me feel better and manages loneliness."*

**"After my stroke, I was almost confined at home, scared to go outside due to my ill health, language barrier and lack of confidence; my children were worried about my health too. Now I am able to ...socialize with many people, [am] more energetic & confident with better mood & sleep. My children are also happy with my improved health."**

The Links2Wellbeing project continues to accept interest from potential referral partners in the healthcare sector as well as from Seniors Active Living Centres wishing to engage in social prescribing.

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