

# SOCIAL STRATEGIES FOR SENIORS

PART OF THE FULL ESTEEM AHEAD SERIES

SuiteLiving360 cordially invites you to a free social learning opportunity presented by:



**Larry Cain**

Olympic gold medallist



**Norma Gamble**

Social innovator

At this interactive session for seniors, created and delivered by seniors, Larry Cain's inspiring success stories will enable you to:

- Learn strategies on how to optimize the quality of your life by living it with passion and purpose
- Increase your ability to achieve health and wellness in body, mind and spirit
- Discover ways to be more engaged and participate actively in creative lifelong learning opportunities
- Recognize the value of your life's experiences that can be shared with others
- Increase your self-esteem and acquire greater confidence in the process
- Find interesting volunteer opportunities to give back to your community
- Meet like-minded older adults who are lifelong learners like you

Holiday refreshments will be served.

More information / contact [norma@suiteliving360.org](mailto:norma@suiteliving360.org)  
905.845.8887

## ARE YOU 55+ AND AN AVID LIFELONG LEARNER?



### EVENT DATES:

Tues., Dec. 4th | 2 - 4 pm  
Thurs., Dec. 6th | 2 - 4 pm  
Fri., Dec. 7th | 10 am - 12 noon

Oakville Public Library  
120 Navy St.

2nd Floor Auditorium, cor. Lakeshore Rd.,  
downtown Oakville

**REGISTER:** Admission is free but  
registration is required

[www.bit.ly/sl360](http://www.bit.ly/sl360)

Tues., Dec. 11th | 10am - 12 noon  
Oakville Public Library

Woodside branch, Program Room  
1274 Rebecca St., Oakville

**REGISTER:** Admission is free but  
registration is required

[www.bit.ly/sl360\\_11](http://www.bit.ly/sl360_11)

