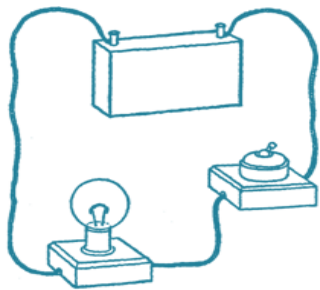


The Learning Network

Stress Busters

Saturdays 10:00 AM until 12:00 PM January 9 until March 27

Make sense of how you're feeling, and learn how to change the way you feel. Practice strategies to help you bust stress, or manage feelings of anxiety, boredom and sadness in order to get to the good stuff. Try out eastern practices like yoga and mindfulness that can help you find an upbeat balance in life.



Circuit Breakers

Saturdays 12:00 PM until 2:00 PM January 9 until March 27

Broaden your connections and knowledge by being part of a network of peers in this Member-led workshop. Share information and increase awareness of topics that are meaningful to you. Experience the power of community and the roles you hold as friend, advocate and leader.

Easy Fixings

Saturdays 2:00 PM until 4:00 PM January 9 until March 27

Fix yourself a good snack or meal using fun and easy recipes. Learn about nutrition and healthy eating habits along the way. Apply grocery shopping, food preparation and food storage practices that keep your kitchen organized and your stomach satisfied.



Contact The Learning Network at 416-251-9625 extension 223 in order to explore Membership or, if you are a current Member, register for workshops. For general inquiries and requests for further information please call or e-mail info@abipossibilities.ca

The Learning Network

Adult Day Services

Keep It Movin' . . . For Older Adults

Thursdays 10:00 AM until 12:00 PM January 7 until March 25

Strengthen and stretch your muscles with gentle exercise. Develop a safe routine that works head to toe and helps maintain physical energy. Learn about the importance of an active lifestyle and ways to keep it moving forward.



Stress Busters . . . For Older Adults

Thursdays 1:00 PM until 3:00 PM January 7 until March 25

Make sense of how you're feeling, and learn how to change the way you feel. Practice strategies to help you bust stress, or manage feelings of anxiety, boredom and sadness in order to get to the good stuff. Build awareness of emotions and how to find an upbeat balance in life.



The Learning Network partners with ESS Support Services to present workshops for older adults. For general inquiries and further information on workshops for older adults please call 416-243-0127 extension 259 or e-mail intake@esssupportservices.ca.

You are always welcome to contact The Learning Network too! Contact The Learning Network at 416-251-9625 extension 223 or e-mail info@abipossibilities.ca

Location of Learning Network Workshops

525 Horner Avenue
Etobicoke, Ontario
M8W 2B9

The nearest intersection is
Horner Avenue and Browns Line

*This is not The Learning Network mailing address

