



Let's Connect!

Everyone is welcome

What is Let's Connect?

Let's Connect! provides interactive phone or online social/health program opportunities (Examples: Exercises such as Healthy Moves & Movers & Groovers, Tech Talk, Memory Café, For the *HEALTH* of it, and Music to My Ears). The programs are free of charge and provide friendly conversation for adults. Participants can join from the comfort of their own home.



Who is Let's Connect! for?

Let's Connect! is for adults who are looking for a way to stay in touch and to participate in free online programs and will give people the opportunity to connect with new and interesting people.

Let's Connect! wants to hear from you!

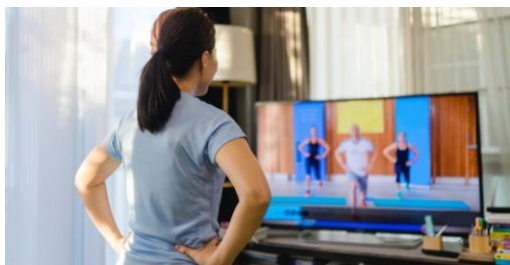
Are there activities that you would like to see run on Let's Connect? Please call 403.227.2866 and share your ideas.

Where can I get program information?

The two month program schedules can be located on the Wolf Creek Primary Care Network's Website at <https://wolfcreekpcn.com/resources/seniors-information-hub/innisfail/innisfail-connects/>

Local participants can pick up copies at Innisfail Senior Drop-In Society, Innisfail Public Library, Henday Association for Lifelong Learning, the Innisfail Town office and the Innisfail Medical Clinic.

If you have questions or need some assistance contact the Henday Association for Lifelong Learning at 403.227.2866 or online at info@hendaylearning.com



Join us!!



online or over the phone for
a variety of programs to:

- ✓ socialize
- ✓ keep active
- ✓ listen to music
- ✓ learn
- ✓ meet new people





Let's Connect!

Code of Conduct

Let's Connect! is an inclusive environment. This means that we value and support diversity and individuals from all walks of life. We ask each participant to help us by adhering to the following guidelines:

- Allowing every participant to contribute
- Letting the facilitator to guide and direct the group
- Contacting staff directly if you have an issue with a group member



Please keep all personal information shared confidential.



Please do not interrupt when others are speaking.



Treat each other with dignity and respect.



Try not to give advice unless you are asked for it.

We hope that you will join in!



Let's Connect is brought to you by the Community Partners in Action, Innisfail Senior Drop-In Society, Innisfail Public Library and the Henday Association for Lifelong Learning.

For more information call: 403.227.2860

Acknowledgement:

Thank-you to Seniors Centre without Walls and the Edmonton Southside Primary Care Network for their guidance and content in creating Let's Connect!