



**With Guest Speaker: Megan Richards, MA  
Community Health Program Coordinator**

**Western Ottawa Community Resource Centre**

**THURS. OCT. 26<sup>TH</sup>**

**2-4PM**

**OVERCOMING  
ISOLATION:  
SUPPORTING  
SENIORS IN OUR  
COMMUNITY**



**Presentation and  
workshop:  
Overcoming isolation  
of Seniors**

**Recognize and  
Reduce isolation in  
this vulnerable age  
group**

**Supporting Seniors**

**Brought to you by  
BCUC Pastoral &  
Spiritual Care Team**

**Refreshments/Social  
Tea provided by UCW**

**Free will donation  
with proceeds going  
to the Churches Roof  
Fund and UCW**

**Open to everyone!**

**BELLS CORNERS UNITED  
CHURCH**

3955 Old Richmond Rd.  
Nepean, ON

[www.bcuc.org](http://www.bcuc.org)

613-820-8103