



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

Healthy **HER** HaBITS



WOMEN'S HEALTH & WELLNESS SERIES

**A new series on
Mental Health
and Well-Being
starting**

October 24th, 2023

Every Tuesday

10:00 am to 11:00 am

Virtual via Zoom | 18+

**CHANCES TO WIN
FREE
GIFT CARDS!**



For more details & to register:

Healthpromotion@schcontario.ca | 416-642-9445 ext 4410