

# STAYING HEALTHY: CHALLENGES & ISSUES

## ABOT-KAMAY ONLINE SERIES



Staying healthy, physically, and mentally, is important -- especially under the COVID-19 pandemic's second wave. For migrant workers who do essential work, what are the challenges and issues? What do we do? Where do we turn to?

22 Nov 2020, Sunday  
4:00 pm-5:30 pm

This event is for caregivers, temporary foreign workers (TFW) and migrant workers.

To register, click here:

XXXXXXXXXX

### Speakers:

Omar Chu, Sanctuary Health  
Chandu Claver, Damayan BC

If you need assistance or  
program information, contact  
Migrante BC at  
[migrante.bc@gmail.com](mailto:migrante.bc@gmail.com) or text  
604-358-1659

*\*Migrante BC is a community organization committed to the promotion and protection of the rights and welfare of migrant and immigrant Filipinos, especially the domestic workers and the temporary foreign workers.*

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