



**YMCA of
Greater
Vancouver**

WORKING ON WELLNESS

Funded by the Government of Canada's Migrant Worker Support Network



MOSAIC

Spanish and French interpretation available

Canada

Join us for 7 sessions and learn how to take care of yourself

Fridays from November 6 to December 18

from 6:00pm to 8:00pm

This program is for Temporary Foreign Workers

We will offer different activities:

- Practise your English and meet new friends
- Learn how to take care of yourself
- Obtain other resources from the community
- Some of the topics that we will cover are: Healthy Eating, Physical Activity, Sleep Well, Healthy Minds, etc.

This event will be online. You will need access to the internet, a laptop/ smartphone/tablet and a headset (highly recommended).

For more information about this program or to register contact Lizeth Escobedo lizeth.escobedo@gv.ymca.ca or register in Eventbrite <https://www.eventbrite.ca/e/working-on-wellness-for-temporary-foreign-workers-tickets-127771896181>

*Building healthy
communities*