



YMCA of

Greater

Vancouver

WORKING ON WELLNESS

- 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

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

Sundays from January 10 to February 21

from 10:00am to 12:00pm

This program is for Temporary Foreign Workers

IMPORTANT:

This is an online course.

You will need a laptop, tablet or a smartphone and access to the Internet.

The use of headphones is highly recommended.

If you need help to set up your Zoom account please contact us.

For more information about this event 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-](https://www.eventbrite.ca/e/working-on-wellness-for-temporary-foreign-workers-online-tickets-132474776623)

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Building healthy
communities

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



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