



ONE CARE is excited to offer **Seniors' Centre Without Walls**



Seniors' Centre Without Walls is a free telephone-based program providing group activities for isolated, lonely and vulnerable seniors. Through the use of group telephone calls, we provide a line-up of health-related information, participation in brain-stimulating activities, and most of all, space to create meaningful friendships and community to those who may feel isolated.

Who is eligible to join?

- Individuals 55 +
- And/or adults with physical disabilities
- Living in Huron and Perth counties

Is there any cost?

Participating in this program is free!

All programs are run through a toll-free number, and no special equipment is required.

How does it work?

- Register as a participant by calling ONE CARE using the number provided.
- We can call you before your program is set to start, or you can call in.
- No computer required.



**All you need is
a telephone!**

For more information/to register:



wellness@onecaresupport.ca



www.onecaresupport.ca



1-844-482-7800

**REGISTER
TODAY!**

