



Ontario Society of Senior Citizens Organizations
La Société des Organisations des Citoyens Aînés de l'Ontario

Tuesdays with OSSCO - February 2019

Winter Wellness: How to Beat the Winter Blues

Tuesday February 26, 2019 - 1:30 PM to 3:30 pm

Where? 345 Wilson Avenue, Suite 404, Toronto, ON, M3H 5W1



Join this discussion on mental health and how it can be impacted by the winter months. Learn accessible and affordable ways to support yourself this season including:

- Foods to improve your mood
- Exercise and movement as medicine
- Connection being protective for depression
- Benefits of gratitude

Amanda Satov, ND is a Toronto native with a passion for food and love for all things that support the journey we are on. As a Naturopathic Doctor, she focuses on the foundations of health; sleep movement, food and connection.



www.amandasatov.com

To register, please contact OSSCO by phone: 416-785-8570 or email: ocsc@ocsc.ca or visit eventbrite: <https://tuesdayswithosscofebruary2019.eventbrite.ca>

Tuesdays with OSSCO is free for adults 55+

Light refreshments will be served. Registration required.