



Couchiching Jubilee House, Presents

# *Summer* **JUBILEE CONNECTS**



FOR WOMEN 16 - 60+

FRIDAY'S 11-2PM

8 SESSIONS FROM JUNE 28TH - AUGUST 16TH

ORILLIA PUBLIC LIBRARY - PROGRAM ROOM #1


LIMITED SPACE - REGISTER HERE: [HELLO@JUBILEEHOUSE.CA](mailto:HELLO@JUBILEEHOUSE.CA)

## *Connecting Women to Community*

**Presentations on:** Mental Health, Nutrition, Wellness, Finances & Budgeting, Yoga & Meditation, Art Therapy, Community Gardens etc

- Self Care Workshops
- Teaching Sessions
- Lunch & \$5 Gift Cards Included / Session

Contact CJH for Details:  
[hello@jubileehouse.ca](mailto:hello@jubileehouse.ca) /  
326-4337 x100

  @jubileehouseorillia

*Changing Lives, Building Futures*