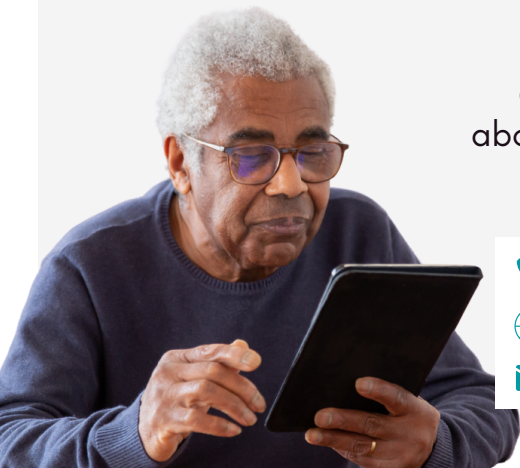


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Get in touch to learn more
about the **Wellness Connections**
Program.



705-457-2941 ext. 2928



www.hhhs.ca



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About the Wellness Connections Program:

The Wellness Connections Program is an online learning platform designed for people aged 65 and up. You can participate in learning modules, take a self-assessment, set a wellness goal for yourself, or connect to services that support your health and well-being.

The program can be accessed virtually on our website or with in-person support.

- Free of charge
- Provides access to our online learning platform
- Limited number of tablets or Wi-Fi available upon request
- Technical support and in-person device support is available



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Ontario Health Team**

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