



BCMA Burnaby, New Westminster, Tri-cities Women's Branch

SENIORS WELLNESS CIRCLE

**10.00am Sharp – Walk around the
Deer Lake**

**11:00am Mental well-being of
older adults**

Positive Mental Health

"Positive mental health enables people to realize their fullest potential and to cope with life transitions and major life events". (World Health Organization[WHO], 2004).

It is said "We are what we repeatedly do, Excellence, then, is not an act, but a habit"

Enjoy Healthy Lunch.

Please confirm your attendance by Sunday, May 17th:

Hazra - 604 2942824, Nisha - 604 5245197, Tazul - 604 6190953

Wednesday,

May 20th, 2015

**Masjid Al Salaam,
Burnaby,**

5060 Canada Way

10.00am to 12.30pm