

# ISGW Women's Group

For women only, this interactive program will allow participants to practise their English conversation skills while gaining knowledge of a wide variety of topics.

Topic for February:

## Women's Wellness

February 7 - **Mental well-being – self-care**

February 14 - **Mental well-being for children and elderly parents in your care**

February 21 - **How to maintain a healthy lifestyle (nutrition and exercise)**

February 28 - **Relationships with youth (age 13 - 18) in Canada**

Lunch will be provided. Bus tickets are available.

This is a child-friendly program.

This series is presented by Al-Qazzaz Foundation for Education and Development.

Make new friends  
Improve your English  
conversation skills  
Connect to your  
community



**Thursdays, 10:30 am - 1:00 pm**

*New topics every few weeks.*

For information contact **Binaya**

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