



PURPOSEFUL LIVING FOR ULTIMATE WELL-BEING

SOCIAL AND EMOTIONAL AGEING

Positively learn to impact your well-being by actively working on the social and emotional aspects of your life. Becoming aware of your emotional world will help to create more calmness, healthier more purposeful relationships and an awareness of yourself.

This talk will offer you guidelines on how to manage the challenges that you may be facing during this phase of your life. It encourages positively and personal growth and offers your tools to help you focus on your social and emotional health.

I look forward to seeing you all for this fun and interactive talk.

Facilitated by: Melanie Godfrey B.Soc.Sci / Counsellor



Venue : Village
Bergvliet

Dates: Thurs 18/3

Time : 10 - 11

RSVP - Reception