

# Older Adults are Building New Connections and Friendships in Your Community!

The **Links2Wellbeing: Social Prescribing for Older Adults** project can help:

- Improve health and wellbeing by connecting to social, recreational and physical programs
- Enhance access to transportation, virtual programs, and friendly phone calls



**For more information**

1-866-835-7693

L2W@oacao.org

[oacao.org/programs/links2wellbeing/](http://oacao.org/programs/links2wellbeing/)



Scan to find  
a participating  
Seniors Active Living  
Centre near you



**Links2Wellbeing**  
social prescribing for older adults