



# SENIORS HOLISTIC WELLNESS AND CAPACITY BUILDING PROGRAM



**SESSION TOPIC: MOVE YOUR BODY REFRESH YOUR MIND: A SPECIAL WORKSHOP  
SERIES FOR SENIORS & AAJ GAA LO MUSKURA LO MEHFILEIN SAJA LO**



**ANKITA ALEMONA**  
Movement Artist



**MEETA KHANNA**  
Passionate Singer

**WEDNESDAY DECEMBER 17, 2025**

**ZOOM Meeting**

4:00 PM to 6:00 PM EST

**REGISTER AT:**

Email: [info@mwc.community](mailto:info@mwc.community)

Phone : +1 647-391-9668

[www.mwc.community](http://www.mwc.community)

Funded in part by the  
Government of Canada's  
New Horizons for Seniors Program

**Canada**