



Société Alzheimer Society  
NIAGARA REGION

# CAREGIVERS CORNER: WELLNESS SERIES PAINT AFTERNOON

Join us each month as we connect with community partners for interactive workshops that promote positive brain health, meaningful connections, and well-being.

*Enjoy a fun and relaxing afternoon of painting where you'll create your own masterpiece! Instructor Laurie will guide us through an interactive painting session, and you will be able to take home your masterpiece at the end. No experience required - all materials are provided. Wear clothes you may get paint on.*



**Monday, September 22, 2025**  
**1:30 PM - 3:30 PM**



**St. Catharines Kiwanis Aquatic Centre**  
**Irene Locke Room**  
**425 Carlton St., St. Catharines**

*Transportation available if needed*



**REGISTER NOW**



**Canada**

Funding provided by the  
New Horizons for Seniors Program



**CONTACT US**  
905-687-3914



**VISIT OUR WEBSITE**  
[www.alzheimerniagara.ca/caregiverwellness](http://www.alzheimerniagara.ca/caregiverwellness)