

# Lunch & Learn



## How's Your 5?

### Get Beyond "I'm Fine."

On a regular basis, ask yourself and those around you how things are going with these five aspects of life. It's an easy and effective way to keep tabs on your mental wellness.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>WORK</b> How's work or school? Are you employed? Are you satisfied? Are you working too much, too little?	<b>LOVE</b> How's your family? Do you have relationships that are strained? Do you feel loved by someone?	<b>PLAY</b> Are you taking the time to have fun and do the things that bring health and joy to your life?	<b>SLEEP</b> Are you sleeping well? Do you have trouble going to sleep, staying asleep or waking up?	<b>EAT</b> Are you eating too much, too little, the right things? Are you using drugs or alcohol to cope?

**Date: Tuesday, Oct. 11, 2022 at 12pm**

**Location: Vulcan Seniors Centre**

**Cost: Free**

Registration is required. Call Vulcan and Region FCSS at 403-485-2192 or email [reception@vulcanandregionfcss.com](mailto:reception@vulcanandregionfcss.com)  
If transportation is an issue, give us a call to discuss options.

Group will be facilitated by Amy Santschi, Clinical Counsellor.

Organized  
by



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