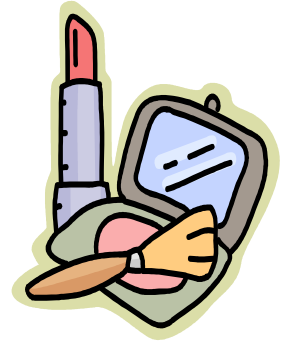


Creating Connections & Opportunities With Seniors

December Calendar

Personal Care & Colors

Location: WERC Donna Symons
Tuesday December 7th 1:00 pm - 3:00 pm
Includes: Home made remedies for skin and hair care
Colours -Fall, Winter, Spring, Summer



55+ and Fabulous

Location: Fanshawe College Hair Studio
Includes: Colour, Cut, Style, Highlights, Low lights, Perm, French Braid, Manicure, Waxing, Make-up. **Wednesday December 8th 1:00 pm**
Space is limited so register early, preference will be given to women 55+ but wait list is available.



Gifts From Your Kitchen

Location: WERC Angie Cornwell, Dietician
Tuesday December 14th 1:00 pm - 3:00 pm

Coping With Stress During the Holidays

Location: Woodstock and Area Community Health Centre
400 Dundas Street, Woodstock, ON
Kathy Gee, Therapist

Learn coping skills, Share ideas about managing stress and taking care of you. Discuss how to manage grief during the holidays

Wednesday, December 15th 1:00 pm - 3:00 pm



Crocheting & Weaving

Milk Bag Mats

Every Tuesday in December
from 1:30 pm - 3:30 pm
Last session on December 21st for 2010

Women's Employment Resource Centre
424 Dundas Street, Woodstock, ON N4S 1C1
519-421-2077

Please Contact **Janet** for Information