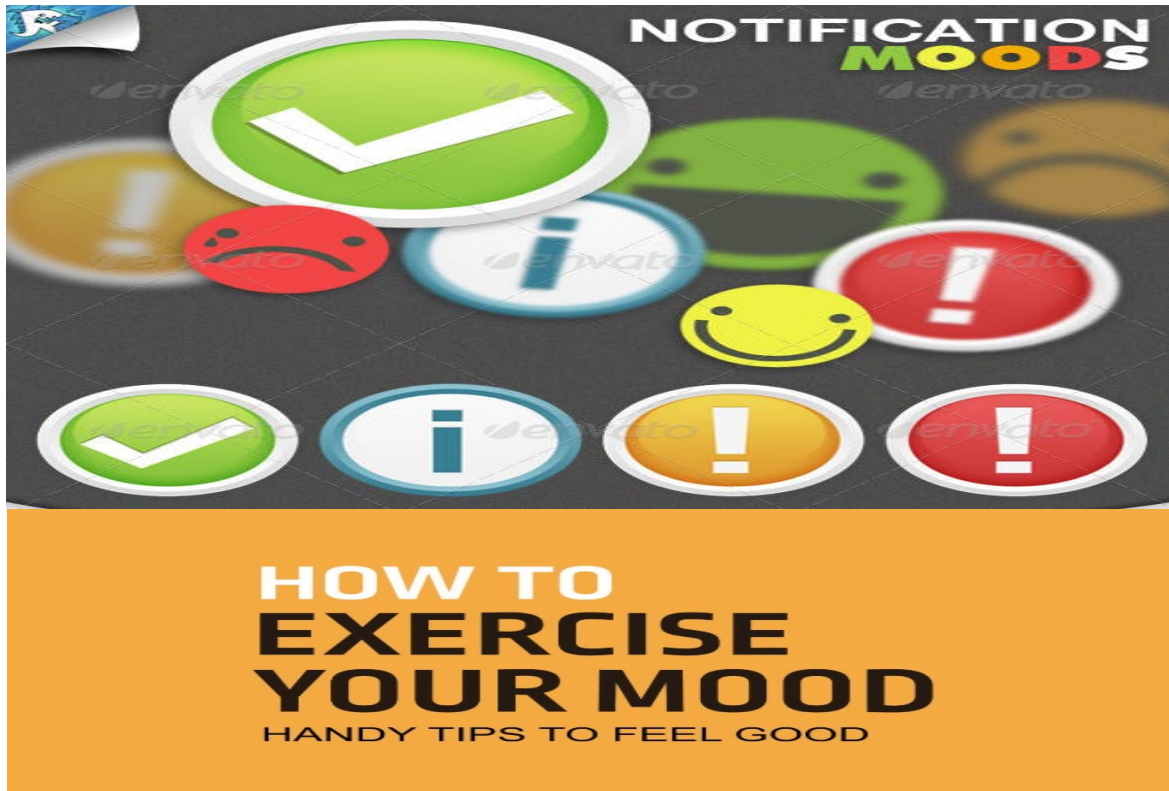


HOW TO IMPROVE YOUR MOOD

自得耆樂: 養生健康運動如何紓解情緒



Contents 內容:

- Understand the relationship between our mood and our brain.
情緒與我們腦子的關係.
- What is the difference between clinical depression and sadness?
臨床抑鬱與悲傷有什麼區別?
- Why is it important to care for seniors who have mood problems?
為何要關注長者的情緒問題?
- How to help seniors to improve their mood?
如何紓解長者的情緒?
- How does exercise boost your mood?
運動如何促進紓解你的情緒?
- Exercise Demo
運動示範

free presentation in Cantonese by:

Maria Choi, BSW(Hons.), MHSc.,
Program Manager & Registered Social Worker
Sinai Health System of Mount Sinai Hospital Wellness Centre

蔡雅宜姑娘

西乃健康體系 - 西乃山醫院恆康中心
中心經理及安省註冊社工

Annie Huang, Wellness Yoga Instructor

黃麗平女士,
資深瑜珈導師

This presentation is held:

Date: Wednesday, October 16, 2019
Time: 10:00am – 11:30am
Place: Old Unionville Library Community
15 Library Lane, Unionville
Ontario L3R 5T7

AGOAC