

SUMMIT 2021 - What to Expect

All the sessions will be offered on-line by Zoom. There are 3 ways you can participate:

1. You may take part from the comfort of your own home if you have the internet and a computer, laptop or tablet. If you'd like to join this way but haven't used Zoom before, we can help get you started.
2. You may join a small group at one of our community locations. We will continue to monitor COVID-19 protocols and offer in-person sessions as permitted. A facilitator will be part of the group and help guide you through the session. You must show proof that you received 2 COVID vaccines by October 14th.
3. If you live at a Retirement Home your Recreation Coordinator may be organizing an in-home group. Please check with them. If an in-home group is not being offered, please feel free to join by Zoom or one of our community locations.

Summit Kit

- You'll receive a bag filled with everything you need to enjoy your day of learning and action planning including:
 - A workbook to make notes and record your plan.
 - Resources, recipes, health information and many healthy living surprises.

Well-Being Action Plan

- At the start of the day you'll do a fun self check-up and identify where you'd like to make improvements.
- During the sessions offered by local experts, you'll have your ears perked up for ideas you can add to your well-being action plan. You'll also hear about local services and resources you can tap into. Each facilitator will have something interesting for you to do or to discuss.
- In between sessions, a facilitator will guide you through gentle stretches to help keep your body and brain nimble.

Select Your Preferences

- When you register, we'll ask you to select your wellness topic preferences.
- For community locations we may only be able to offer one topic based on what the majority of people are interested in.
- All sessions will be videotaped and available for viewing.