

SAIL INFORMATIONS SESSIONS

...Join us for information, conversation & refreshments
Virden Seniors Access for Independent Living

Questions? ... call Krista at 204-748-2323

3RD
THURSDAYS
1:30-3:30PM
2024
SUMMER

THURSDAY
JUNE 20

WRAP-UP FOR SUMMER WELLNESS



MENTAL HEALTH

Learn how to find help and support, through life's challenges
Teresa shares resources available to all.



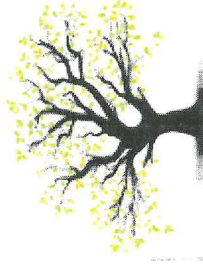
PRAIRIE
MOUNTAIN
HEALTH



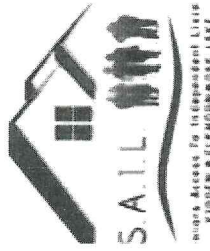
INSPIRE JOY

Get involved...inspire others, and be inspired yourself!
Donna shares a way to engage in community.

Teresa Anderson Presenting



Donna Odell Presenting



S.A.I.L.

Seniors Access for Independent Living
VIRDEN • ELKHORN • OBE LAKE

@the Border Regional Library 312 Seventh Ave S
3rd Thursday of every month 1:30-3:30pm



Border Regional