



## Step Up...



... to the holiday season

**WALSHtrust, Elaine Underwood Room**  
8 Hickory Avenue, Henderson

**Fridays, 7 November – 19 December**  
9:00 a.m. – 12:00 p.m.

Treat yourself to weekly sessions focused on self-care and coping strategies aimed to make the holiday season a time to positively reflect and recharge.

Step Up explores steps towards increased life balance and independence. Try out a range of coping strategies and learn how to access the resources available in your community.

For more information or to enroll now, contact: Jude Derksen

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