



# Women's Wellness

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health.

Join us for an empowering session focused on supporting women's mental and physical well-being. This workshop will explore practical strategies for managing stress, building emotional resilience, prioritizing self-care, and maintaining physical health in our busy lives. Together, we'll create space to reflect, connect, and learn simple tools that promote balance, confidence, and overall wellness.

## Join us!

Because taking care of yourself isn't a luxury — it's essential. ❤️

► **Thursday, February 26**

**12:30 pm – 1:30 pm**

in person at ISGW

**Please note:** Space is limited. You must be registered to attend this session.

**Click here to register:** <https://is-gw.ca/event/womens-wellness/>

For more information or help to register,  
contact **Lindsay** 519-836-2222, ext. 242 or [lriddell@is-gw.ca](mailto:lriddell@is-gw.ca)

**IMMIGRANT SERVICES**   
Guelph-Wellington

[www.is-gw.ca](http://www.is-gw.ca)

104 Dawson Road, Unit 102, Guelph, ON N1H 1A6  
T: 519-836-2222 F: 519-837-2884 **Bus route #11**

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