

HEALTH & WELLNESS

*Information session on how to maintain your health
within a busy lifestyle*



WHEN AND WHERE

Date: September 10, 2026

Time: 10:00 AM - 12:00 PM

Location: In Person and Online
PICS Head Office (Room 51)
12725 80 Ave. #205, Surrey, BC

TOPICS COVERED

- Managing Chronic Health Conditions
- Make an Action Plan
- Medication Usage
- Working With Health Care Professionals

ELIGIBILITY

- Permanent Residents (PR Card Holders)
- Refugees
- Protected Persons under section 95 of the Immigration and Refugee Protection Act (IRPA)

FREE CHILD MINDING AVAILABLE

**CONTACT US FOR REGISTRATION
OR SCAN THE QR CODE**



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