



# MEDIA RELEASE

## Launch of the Seniors Connect Wellness Program for Black Seniors in Springdale

**Brampton, Ontario** - Free For All Foundation in partnership with United Way of Peel Region and Punjabi Community Health Services is happy to announce the launch of Seniors Connect – Springdale. The program will take place at Punjabi Community Health Services - 50 Sunny Meadow Blvd, Suite #108, Brampton, ON L6R 0Y7. Seniors Connect – Springdale will launch **on Friday April 21, 2017 from 1pm-4pm**, this weekly culturally specific program will continue every Friday at the same time and location to enrich the lives of Black Seniors in the Springdale community.

Seniors Connect is a Health and Wellness Program funded by the United Way of Peel Region. It is geared to Black seniors aged 50+ through engagement in the arts, dancing, educational, recreational and social programs in the Springdale community. Seniors will also learn about the available supports in their community and learn vital life skills that will support their aging. This program is free and open to seniors and their family.

Free For All Foundation values the amazing impact that seniors make on a thriving society and would like to give Black seniors in the Springdale area the space and opportunity to learn, be active, connect and to have fun!

For more information about Seniors Connect – Springdale, please call 905-449-4486 or email us at [info@faf.ca](mailto:info@faf.ca).

