



Are you aware of your local Seniors Active Living Centre?

Do you have older adult patients or clients who are socially isolated and would benefit from social, recreation and physical programs?

The Older Adult Centres' Association of Ontario (OACAO), in partnership with the Alliance for Healthier Communities, is co-hosting the **Links2Wellbeing: Social Prescribing for Older Adults Project**, a Social Prescribing Project linking isolated seniors with their local seniors' centre through physicians, nurse practitioners and other allied health professionals.

For more information, call Toll Free 1-866-835-7693 or email L2W@oacao.org or visit www.oacao.org/programs/links2wellbeing/



Why Refer an Older Adult?

- * To enhance emotional and/or physical wellbeing
- * To decrease social isolation and loneliness and increase social inclusion
- * To offer opportunities to make new social connections and friends
- * To reduce barriers to participation in social/recreation/physical activities

To find a participating Seniors Active Living Centres (SALCs) near you please visit:
<https://www.socialprescribingquilt.com>

To learn more about the benefits social prescribing, scan here:

