

To register, please call
780.395.2626

Are you someone who...

- Finds it hard to leave home for extended periods of time?
- Would like to stay socially connected and enjoys talking with people?
- Would like to participate in fun activities and/or educational, health and wellness seminars?

Now you can do this from the comfort of your own home!

Please talk to your family physician
about PCN services.

edmontonsouthsidepcn.ca



SENIORS' CENTRE WITHOUT WALLS

- Is a free telephone program that offers recreational activities, health and well-being topics as well as friendly conversation for older adults who find it difficult to access regular community centres or programming in person. Join us for opportunities to socialize, learn new skills and stay connected, free of charge.

Canada 

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HEALTHY AGING