

SAIL INFORMATION AFTERNOONS

...Join us for information, conversation & refreshments

Virden Seniors Access for Independent Living

Questions? ... call Krista at 204-748-2323

3RD THURSDAYS
1:30-3:30PM
23/24
WINTER

DEC 21/23



HOLIDAY STORIES & TREATS

JOIN US FOR A TIME OF VISITING AND HOLIDAY REFLECTIONS.

HOSTED BY
SAIL AND
LIBRARY STAFF



JAN 18/24

ASK A PHARMACIST

DO YOU WANT TO KNOW MORE ABOUT YOUR PRESCRIPTIONS? ASK THE EXPERTS!



Mike Anderson Presenting

FEB 15/24

PMH REGISTERED DIETITIAN

HOW DOES WHAT I EAT AFFECT MY HEALTH? WHAT ARE SOME CHANGES I CAN MAKE?



Chantal Morais Presenting

@the Border Regional Library 312 Seventh Ave S
3rd Thursday of every month 1:30-3:30pm

