

ONLINE or IN-PERSON SESSION

Community Health Services presents:

How to Prepare for Canadian Winter

**Need winter clothes for adults
and children?**

- Jackets and sweaters
- Hats and scarves
- Boots and socks
- And more!

**Learn how to dress warmly,
recognize and manage signs of
hypothermia, seasonal affective
disorder, etc.**

**Free winter
clothes**



**Wednesday, November 19, 10:00 AM - 3:00 PM
Presentations at 10 AM, 11 AM, 1 PM and 2 PM**

**Register
here:**



Contact us for more information

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