

# “Blues Club”

Join the “**Blues Club**” at the Peachland Wellness Centre, starting Thursday, March 11th, 2010, from 2 to 4 pm.

This 8-week workshop for those ages 55+ deals with:

♥ Depression / Sadness / Isolation

Build new relationships in a comfortable and safe environment where confidentiality is respected. This workshop is facilitated by two trained professionals.

Registration is at the Peachland Wellness Centre and the deadline is Thursday, March 4, 2010. Call Heather at 250 767 0141.

The cost is \$20, cash or cheque only, receipts provided

