



Join a conversation about Community Wellness/Wellbeing in Waterloo Region

You are invited to attend a community wellness/wellbeing forum to work together with people from across Waterloo Region to:

- Discuss the factors that contribute to community wellness/wellbeing.
- Identify what is already happening to support community wellness/wellbeing in Waterloo Region.
- Gauge interest and identify potential areas of focus to enhance wellness /wellbeing for all in Waterloo Region.

Thursday, October 13, 2016

1:00 p.m. – 4:30 p.m.

Registration is at 12:30 p.m.

Waterloo Memorial Recreation Complex
101 Father David Bauer Dr. Waterloo

To register go to:

bit.ly/wrwellness-wellbeing

or call 519-575-4758 for more information

Background information

Community wellness/wellbeing is shaped by a wide variety of conditions and systems in which individuals and communities are born, grow, work, live, and age.

Waterloo Region is a community that has a number of partnerships which have made significant progress towards dealing with complex issues of community wellness/wellbeing.

Over the past several years there have been many conversations that have identified some urgency to collaborate across these partnerships to further advance a more integrated, holistic approach to community wellness/wellbeing and create significant and impactful solutions.

Through the Community Wellness Initiative we will to work together to identify and address collective priorities that will improve community wellness/wellbeing so that everyone in our community is able to thrive, and no one is left behind.

There are many ways to get involved in the conversations about our community's wellness/wellbeing and help to identify priorities for collective action.

To find out more visit the [Community Wellness Initiative website](#).