



TOTAL HEALTH

Maintaining personal hygiene is necessary for many reasons; personal, social, health, psychological or simply as a way of life. It helps to reduce the risks of ill health, it equally affects on how we and others perceive ourselves which can influence our levels of confidence and self-esteem.

- Understand why personal hygiene is an important part of good health and maintenance.
- Understand what areas are included in health maintenance.
- Learn about dental and vision benefits you are eligible for!
- Receive \$25.00 employment related expense benefits to put towards personal hygiene items.
- Includes a clothing voucher from the Salvation Army to help you develop your personal style!

Join us for this
WORKSHOP on

Simcoe

12 Gilbertson Dr.

February 10

April 27

June 8

August 10

October 26

December 14

9:00 am - 12:00 pm

FOR MORE INFORMATION
PLEASE CONTACT
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**Health and
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Haldimand and Norfolk