



BFF

BE FAST FRIENDS

AN OPPORTUNITY FOR INDIVIDUALS WHO NEED MORE SOCIAL CONNECTION TO COME TOGETHER IN A "SPEED DATING" FORMAT FOCUSING ON DEVELOPING FRIENDSHIPS!



FEELING LONELY?



WANT TO LAUGH?



FEELING ANXIOUS ABOUT MEETING NEW PEOPLE?



WANT TO MEET NEW PEOPLE?



WANT TO GET OUT OF THE HOUSE?



WANT TO DEVELOP FRIENDSHIPS?

A fun, comfortable, and easy way to meet others and make connections!

WILL BE FACILITATED BY A SENIORS SYSTEM NAVIGATOR AND AN ALBERTA HEALTH SERVICES RECREATION THERAPIST.



APRIL 26, 2024

1:30 at the LSCO, doors open at 1:00

SIGN UP BY PHONING 403-329-1544

