



Community Foundation  
for Kingston & Area



RURAL  
FRONTENAC  
COMMUNITY  
SERVICES



Kingston Community  
Health Centres  
Centres de santé  
communautaire de Kingston

*We all need to be connected to people in our community.*

# RURAL COMMUNITY CONNECTION EVENT

Please join us in a community discussion on building connection

- to reduce the health and social impacts of isolation and
- foster resilience from the early years through to the later years.

Featuring a guided discussion with snacks, coffee/tea, and a light lunch.



bitly



Verona Lions Club  
4504 Verona Sand Rd.  
Verona, ON



CALL US TO RSVP  
613.546.9696

**17 APRIL  
2024  
10AM - 1PM**

