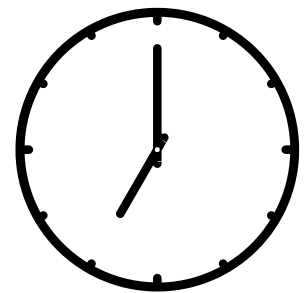




The Fountain of Health in partnership with the Mental Health Foundation of Nova Scotia are pleased to announce **FREE educational opportunities**

THRIVE with Self-Compassion

Monday, May 12th 2025
Monday, June 26th 2025
Monday, September 8th 2025
Tuesday, September 9th 2025 **(French)**



**All Webinars will
begin at 7pm
(AST) Atlantic
Standard Time**

The Art and Science of Aging Well

Monday, June 16th 2025
Wednesday, September 24th 2025
Monday, January 12th 2026
Thursday, January 15th 2026 **(French)**
Thursday, February 26th 2026

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