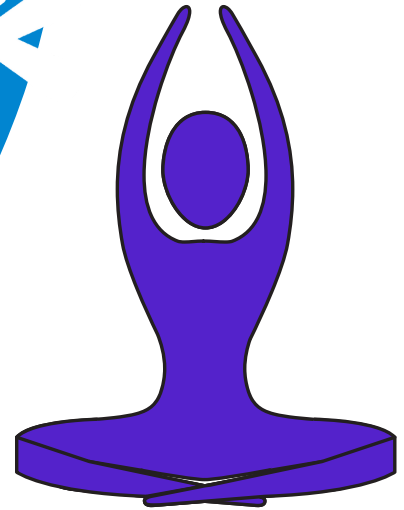# MENTAL WELLNESS

- MEDITATION
- WORKSHOPS
- WELL-BEING
- MENTAL HEALTH

Mental Wellness focuses on Seniors' mental well-being by sharing programs on meditation, mental wellness, and social engagement through workshops with engaging guest speakers as well as Mental Health sessions designed for Seniors.