

A non-profit society governed by local volunteers dedicated to the health and wellness needs of our community.

Local health matters

Better at Home launches 'Conversations in the Woods'



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Better at Home

On May 5, a small group of seniors gathered at Tyner Park. The sun sparkled, the robins sang and the breeze rustled the leaves. We shared our stories of meaningful memories in nature which sparked excitement, joy and wonder. Afterwards, the experience received a 9/10 rating as a great event to attend. Consensus was reached that we should do it again and invite more people.

Are you over age 60? Do you enjoy sharing your stories of memories spent outdoors, whether it was climbing a tree, sowing a garden, sleeping under the stars, or sitting by a babbling brook in a forest? Maybe you used to explore underwater, climb mountains, or observe the birds and insects that frequented your yard.

I have a world full of memories outdoors exploring wild Africa, swimming with sharks in Australia, and singing with ravens in Pender Harbour. What are your stories?

Whatever your memories are, we want to hear them at our upcoming events called "Conversations in the Woods" held at Tyner Park on Fridays, June 13th, 20th and 27th from 1:30 to 3:30. Feel free to attend one, two or all sessions. There is no cost. Tea and biscuits are included.

"Conversations in the Woods" is a new program of Pender Harbour Better at Home that aims to increase social connections in a beautiful environment that simultaneously boosts our happiness and well-being.

Loneliness is a universal human experience that has considerable health impacts, particularly when left unaddressed. Research suggests that social disconnection is more harmful than obesity and sedentary living, and just as harmful as smoking 15 cigarettes per day. Overcoming loneliness can be challenging, but with support, it is possible to build a healthy social life.

Better at Home aims to facilitate valuable social connections to keep our older population healthy. "Conversations in the Woods" is a welcoming, safe place to create meaningful social connections.

To register for one or more "Conversations in the Woods" events, please phone the Better at Home office at 604-212-2232 or email Haida. bolton@penderharbourhealth.com.

Registration is required to ensure enough chairs and stools are present. This event is limited to 12 participants. Please note that the walk to the meadow is a short and easy walk with a few small stones to navigate.



'Conversations in the Woods' will meet at Tyner Park on Fridays, June 13, 20 and 27 from 1:30 to 3:30 p.m. Reserve a stool by contacting the Better at Home office at 604-212-2232 or email Haida.bolton@penderharbourhealth.com.