



## About Us

The Kawartha Lakes Ontario Health Team (KL-OHT) is a group of healthcare providers and organizations as well as patient, family and caregiver members working together toward a common goal of improving health outcomes.

We are working together as a team to ensure patients, families and caregivers experience a seamless and supported journey through our healthcare system. We want to create care journeys for our community members that are supported by local health and community programs and digitally enhanced services.



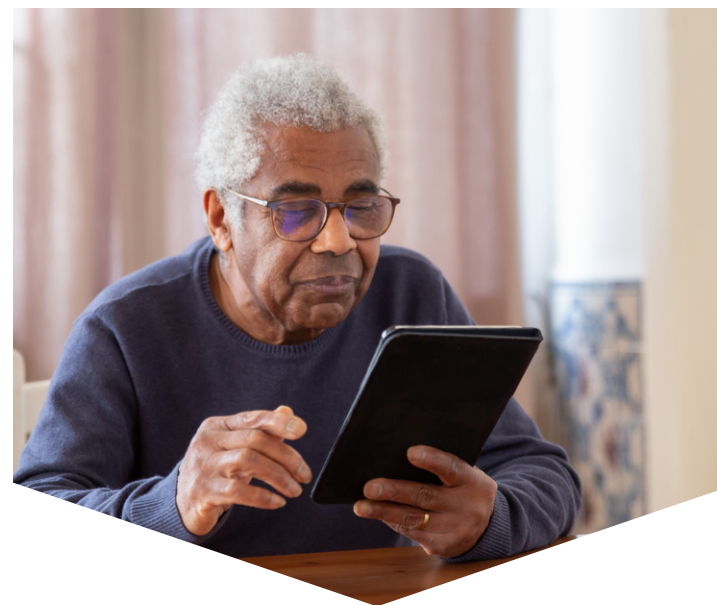
Kawartha Lakes  
Ontario Health Team

## Contact Us Today!

Get in touch with us if you would like to refer yourself or someone else with their consent for the Wellness Connections Program.

**705-457-2941 ext. 2928**

**info@hhhs.ca**  
**www.hhhs.ca**



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**Kawartha Lakes  
Ontario Health Team**

[www.kawarthalakesoht.ca](http://www.kawarthalakesoht.ca)



# ABOUT THE WELLNESS CONNECTIONS PROGRAM

The Wellness Connections Program is designed for people aged 65+ to learn about healthy changes and choices to age well and connect to local service providers offering supportive programs.

The program can be accessed virtually with support required through the KL-OHT website or with in-person support.



I feel I've been very lucky to be given the opportunity to enhance my well-being through this seniors' program.

*\*Margaret  
Wellness Connections Program Client  
\*Name changed*



## FREQUENTLY ASKED QUESTIONS

### **How do I know the program is for me?**

Anyone aged 65+ who is interested in maintaining or improving their health and wellbeing or want to learn more about local programs that are available to support health and wellbeing can use this program.

### **I'm not great with technology but would like to learn more about the program.**

One on one support is offered. Refer yourself or call the number on this pamphlet for more information.

### **I'm interested but don't have access to technology.**

We have a limited supply of iPads available through our lending program. Technology coaching is available as well.

### **How can this program help me develop a plan for healthy living?**

Through one on one support or self-directed learning, this program can assist you in developing a wellness plan based on your health and wellbeing needs.

## BENEFITS OF JOINING

### WHAT YOU GET

#### No Fees

There is no cost to join the program and everything you need to make use of the program is provided free of charge.



#### Online Learning Platform

When you join the program, you will have access to our new online learning platform.



#### Tablets and Wi-Fi

If you don't have the equipment you need to join the program, we have a limited number of tablets or Wi-Fi connections that we can provide upon request.



#### Training and Support

We are here for you! Technical support and device training is provided by Kawartha Lakes OHT staff.

