



### How to get here

The community Wellness Centre is located in the Jeffery Hale pavilion, 1270 chemin Sainte-Foy in Québec, G1S 2M4. Parking is free while you attend activities at the centre.

By bus, you can take the #807 along Chemin Sainte-Foy, or the #800 or 801 on Boulevard René-Lévesque, then walk down Avenue Holland.

[wejh.ca](http://wejh.ca)



Centre  
Wellness

1270, chemin Sainte-Foy  
Québec Qc G1S 2M4

**418 684-5333, ext. 1265**

Toll-free: 1 888 984-5333

Monday to Friday,  
8:30 AM - 4:30 PM

The Wellness Centre is managed by  
**Jeffery Hale Community Partners**  
E-mail: [info@jhpartners.net](mailto:info@jhpartners.net)



### Make a difference!

Thank you for volunteering or  
for your donation or planned gift

[wejh.ca/get-involved](http://wejh.ca/get-involved)

Jan. 24, 2019



Centre  
Wellness



***A Community of Care***

**Be part of it!**

**WE have your health  
and well-being at heart**

[wejh.ca](http://wejh.ca)



# Welcome to the community Wellness Centre!

The community Wellness Centre (WE) at Jeffery Hale promotes the personal and shared well-being of English speakers in the Quebec City region by offering a range of healthy living programs.

The Wellness Centre, managed by Jeffery Hale Community Partners, embodies the spirit of the Community of Care slogan thanks to dynamic partnerships and strong volunteer engagement.



**The Caregivers' Circle**  
support, activities, and resources for caregivers



**SNACS Special Needs Activities**  
for children, teens and young adults

## A Community of Care



**Community Wellness for all ages**  
health promotion information and  
activities, volunteer opportunities



## Sign up for our e-newsletters

[wejh.ca/newsletter](http://wejh.ca/newsletter)

Choose your areas of interest:

- The Caregivers' Circle
- Toddler Talk
- Volunteer Voices



**Family Matters**  
networking and know-how  
for parents of children 5 and under



**Healthy Seniors**  
partnerships for the well-being of older adults