

DUFFERIN  
KEEP  
THIS CARD



# ARE YOU CONNECTED?

Ageing Well in Caledon Dufferin (AWICD) empowers older adults with the knowledge to help make informed decisions to support staying active, independent and socially connected.

[awicd.org](http://awicd.org)

**AWICD**  
AGEING WELL IN  
CALEDON DUFFERIN

