

CALEDON  
**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](https://awicd.org)

**AWICD**  
AGEING WELL IN  
CALEDON DUFFERIN

