ProTribe
SMARTWELLNESS FOR SENIORS

LET'S CATCH UP ON YOUR WELLBEING

SMART WELLNESS
SENIOR CITIZEN DESK

Free ProTribe Senior Citizen Desk – We provide information and support across senior care living - medical, non medical, and social as well as information and awareness for seniors.

Saturdays Only | **Time: 4pm to 6pm**

Free Services Include:

- Wellness – Mental & Emotional Wellbeing, Healing, Sound Healing, Grief Counselling.
- Basic Digital Literacy – Helping the seniors access information from their phone, copy paste, send emails and messages, and using basic social media platforms.
- Legal Aid - Advice and counselling for seniors on their legal rights by a lady advocate.
- Social Engagement – Activities planned in collaboration with the Gurudwara management.
  - Language - Conversational English and Hindi.
- Awareness- On social welfare schemes for seniors, basic information on NGOs, hospitals, doctors lists, and any other online information the senior may need.
- Information on Alzheimer's and Dementia offered by the Delhi Alzheimer's Society.

*The above free services are subject to availability of experts and prior appointment.
Sessions and consultations are limited to one session per person either online or offline.

Call Or WhatsApp At +91-9910881851 To Know More

www.protribeseniors.com