

lumacare[®]

Hopewell Adult Day Program

Supporting Mental Health and Wellness

Serving individuals 55+ living with a diagnosis of depression, generalized anxiety or bipolar disorder, and older adults who are frail.

155 Deerhide Cres., North York | Monday to Friday | 8:30 a.m.-3:30 p.m.

- Psychological, physical, and cultural activities
- Health promotion and disease prevention through daily seated exercise
- Art, music, and life skills programming
- Support, case management, and education
- Nutritious meals and snacks provided
- Medication assistance
- On-site therapeutic sensory room
- Access to Foot Care Clinic and Rehabilitation Program

HOPEWELL
ADULT DAY PROGRAM
FOR PSYCHOGERIATRIC SUPPORT



Supporting Mental Health and Wellness



www.lumacare.ca/adp

T: 647.508.LUMA (5862) | TF: 1.833.338.LUMA (5862)

www.lumacare.ca | info@lumacare.ca | [@lumacare1974](https://twitter.com/lumacare1974) | [#PeopleHelpingPeople](https://www.instagram.com/lumacare1974)