

# United we can.

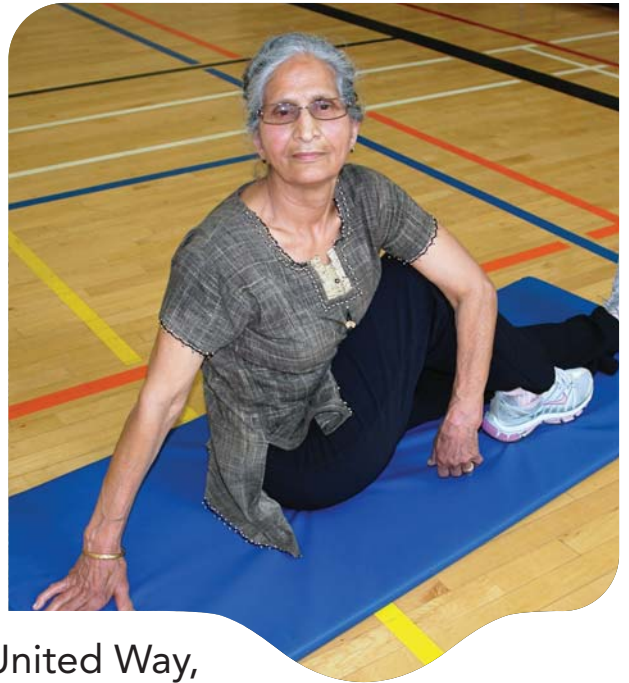
## Your support makes a difference!

When Surjit's husband died suddenly, she lost her zest for life and didn't leave the house for more than four months.

"I felt depressed and didn't want to face people," she says. "All I wanted to do was stay home and stare at the walls."

A representative from the South Asian Women's group, hosted by Malton Neighbourhood Services and supported by United Way, reached out to Surjit. The group provides social, physical and educational activities that assist senior South Asian women in living healthy, active and independent lives. Surjit participates in light exercise, yoga, social outings and educational workshops. She has even learned to use social media and keeps in touch with friends and family through email and Facebook.

"I love this group," says Surjit. "Being able to come here and share my feelings and socialize has given me my life back. I can't imagine what I would do if I couldn't come here."



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