

RISE

REACH ISOLATED  
SENIORS EVERYWHERE



LOGO OF  
PARTICIPATING  
ORGANIZATION

**RISE Sunday – November 5, 2017**

**Reach Out and Brighten a Senior's Day**

As the leaves fall and the days grow shorter, turning back the clock can leave seniors in the dark. Shorter days and decreased sunlight can increase a senior's risk of isolation and loneliness. On Sunday, November 5, reach out to a senior. A simple act of kindness can brighten their day.

Find out more at [rise-cisa.ca](http://rise-cisa.ca)