

# SENIOR WELLNESS CENTRE INITIATIVE

## ACTIVITY REPORT (2024-2025)



Population of English-speaking seniors 55+

**353,085**



**28.2%**

of total English-speaking population

The Senior Wellness Initiative (SWI) is a provincial program that consists of community-run health education and health promotion activities that aim to maintain and improve the health and well-being of English-speaking seniors, increase access to knowledge of health and social services, and decrease social isolation through purposeful and informed programming.

- ✓ 4,315 prevention and 20,417 outreach activities
- ✓ 7,208 senior participants
- ✓ 7 Community of Practice sessions
- ✓ 79,601 participations in prevention and outreach
- ✓ 590 volunteers
- ✓ 75+ resources & tools shared with SWCs
- ✓ Provincial and regional collaborations

**120**  
funded sites\*

\*75 existing sites maintained and 50 new sites financed over 3 years (45 in year 1 and 5 in year 2)

**16**  
regions served

**96%**  
sites up and running



Impact:

Provincial coordination  
Increased capacity of SWI's  
Enhance health related attitudes, knowledge & skills  
Increase access to information & services in English  
Reduced social isolation  
Increased autonomy & well-being  
Improved health outcomes

Secrétariat aux relations  
avec les Québécois  
d'expression anglaise

Québec

**CHSSN**