



www.AgeFriendlyEdmonton.ca

Healthy Aging Phone Chats

Starting in March 2016, you can participate in educational sessions via telephone from the comfort of your own home

- The Age Friendly Edmonton - Healthy Aging Phone Chats is an innovative pilot project
- Connects socially isolated or homebound seniors and their caregivers to health and wellness information from knowledgeable professionals.
- Promotes healthy living and provides a unique opportunity to strengthen social connections
- Interactive, small group sessions, with a simple telephone call
- Free to all seniors and caregivers

Topics

Tuesday, March 8 @ 10-11: Brain Games

Presenters: Alberta Health Services Recreation Therapists

Friday, March 11 @ 10-11: Managing Caregiver Stress

Presenter: Debra Paches, BScN, RN, GNCC, Alberta Caregivers Association

Tuesday, March 15 @ 10-11: Personal Wellness through Leisure and Socialization

Presenter: Daisha Marshall, BPE, Recreation Therapist, Alberta Health Services

Monday, March 17 @ 10:3-11:30: Holistic Decluttering for Seniors

Presenter: Lynn Fraser, Balance Your World

Friday, March 29 @ 10-11: You and Your Medications

Presenter: Gwen Petryk, BSc Pharmacy, Alberta Health Services

Friday, April 8 @ 10-11: Senior Financial Education

Presenter: Brendan Klug, BA, MSW, RSW, Edmonton Southside Primary Care Network

Tuesday, April 26 @ 10-11: Small Bites to Better Health

Presenters: Alberta Health Services Dieticians

GIVE US A RING, WE ARE ONLY A PHONE CALL AWAY!

Call or email Dauna Thomson to register for one or all of the sessions

780-735-3061

Dauna.Thomson@albertahealthservices.ca