



SENIORS' HEALTH & WELLNESS FORUM



Presented by
agefriendly
EDMONTON

**Saturday
November 3, 2018**

9:00 am - 2:30 pm

**Central Lions Seniors
Recreation Centre**

**11113 113 Street
Edmonton, AB**

FREE REGISTRATION

- Phone **780.809.8604**
- Email **eweisbrot@mysage.ca**
- Limited seating available

FREE LUNCH
and refreshments

FREE PARKING
available on site

**FREE HEARING HEALTH
CHECKS**

Event Schedule

9:00 am	Doors Open Visit gym exhibitors until 1:30 pm
10:00 am Three session options	A: My Health Health resources; planning for a healthy future; seniors community hub initiative. B: My Transportation Transportation information and resources. C: My Community Ways to be an ally to seniors' communities; understanding and combatting ageism.
11:30 am Three session options	D: My Home Improving physical capacity with home exercise. E: My Partner and Me Resources for caregivers of those with dementia; caregiver support strategies. F: My Safety Managing multiple medications; safe medication for older adults.
12:30pm - 1:30 pm	Visit exhibitor booths in gym Lunch Break - free lunch, coffee and tea
1:30 pm Three session options	G: My Supports and Services Overview of city-wide supports and services for seniors. H: My Finances Recognizing scams; avoiding fraud. I: My Connections The importance of social connection to our health/wellbeing; ways to be an ally to diverse seniors' communities.
2:30 pm	Wrap-up and Door prizes

MAJOR SPONSORS INCLUDE:

