

Aging Well

COMING SOON - WEBINAR SERIES
Every Wednesday 10:30 - 11:45 a.m.

SAVE THE DATES!

OCT 7

Level Up Your Living:

Falls Prevention Meets Funding!

*New information about preventing falls,
PLUS the Safe & Healthy Home for Seniors grant!*

OCT 14

Mind & Memory

*Strategies for keeping our mind and memory sharp as
well as resources from the Alzheimer's Society.*

OCT 21

Everything you wanted to know about community services! (But were afraid to ask!)

Home Care, Services to Seniors, Adult Day Programs

OCT 28

Stronger for Longer!

Balance exercises demo PLUS a mini Tai Chi Class!

NOV 4

Powerful Tools for Caregivers!

Tips on balancing self-care with caring for a loved one.

PLUS 2 BONUS PRESENTATIONS:

Eat Well Be Well & Relax & Restore! (Chair Yoga)

To pre-register, email
wellness@ierha.ca

OR call 1-877-979-9355



Interlake-Eastern
Regional Health Authority



Office régional de la santé
d'Entre-les-Lacs et de l'Est