



# SENIORS' HEALTH & WELLNESS FORUM



Presented by  
**agefriendly**  
EDMONTON

**Saturday**

**November 4, 2017**

**9:00 am - 2:30 pm**

**Central Lions Seniors  
Recreation Centre**

**11113 113 Street  
Edmonton, AB**

**FREE REGISTRATION**

- Phone 780.809.8604
- Email [cmacinnis@mysage.ca](mailto:cmacinnis@mysage.ca)
- Limited seating available

**FREE LUNCH**  
and refreshments

**FREE PARKING**  
available on site

**FREE HEARING HEALTH  
CHECKS**

**Event Schedule**

<b>9:00 am</b>	Doors Open Visit gym exhibitors until 1:30 pm
<b>10:00 am - 11:15 am</b>	A: My Health Health resources; planning for a healthy future; role of allied health professionals.  B: My Safety Air quality; radon exposure; aspects of food and consumer product safety.  C: My Home Overview of seniors housing options.  <b>Breakout Session: Financial Information for Seniors</b>
<b>11:30 am - 12:30 pm</b>	D: My Partner and Me Guardianship; trusteeship; co-decision making; personal directives; power of attorney; wills.  E: My Community Ways to be an ally to diverse seniors communities.  F: My Supports and Services Overview of city-wide supports and services for seniors.  <b>Breakout Session: Financial Information for Seniors</b>
<b>12:30pm - 1:30 pm</b>	Visit exhibitor booths in gym Lunch Break - free lunch, coffee and tea
<b>1:30 pm - 2:30 pm</b>	G: My Transportation Transportation information and resources.  H: My Connections The importance of social connection to our health/wellbeing; factors that may lead to social isolation.  I: My Finances Recognizing scams; avoiding fraud.  <b>Breakout Session: Financial Information for Seniors</b>
<b>2:30 pm</b>	Wrap-up and Door prizes

**MAJOR SPONSORS INCLUDE:**

