



SENIORS' HEALTH & WELLNESS FORUM



Presented by
agefriendly
EDMONTON

Event Schedule

9:00 am Doors open
Visit gym exhibitors until 1:30 pm

10:00 am **Session Options:**

The Four Pillars of Healthy Aging
Improving Physical Capacity with Home Exercise
Rediscovering Self-Care for Caregivers

11:30 am **Session Options:**

Evaluating the Use of Vitamins in Treating Diabetes
Exploring Attitudes on Aging Through Film
Rediscovering Self-Care for Caregivers (Repeat Session)

12:30 pm 1:30 pm Lunch break

1:30 pm **Session Options:**

Making Edmonton Age Friendly: Current Projects
After Driving: ETS as an Option
Rediscovering Self-Care for Caregivers (Repeat Session)

2:30 pm Wrap-up and door prizes

**Saturday
November 2, 2019**

9:00 am - 2:30 pm

Central Lions Seniors
Recreation Centre

11113 113 Street NW
Edmonton, AB

Free Registration

Phone 780.809.8604

Email mstover@mysage.ca

Limited seating available