

# HEALTH AND WELLNESS WORKSHOPS



**All Members and Friends are Welcome**

Join us in April at our wellness series as we explore various topics that may influence and enhance your retirement.

**Dates:** Wednesdays, April 3, 10, 17 & Thursday April and 25

**Time:** 9:30 am to 12:00 noon

**Location:** Holy Rosary Parish Hall  
354 St. Clair Ave W

between Spadina and Bathurst at St. Clair W. Subway

**Cost:** **\$5.00 per day cash** will be collected at the door.  
To ensure adequate space and refreshments, please register in advance with Herb Stover at: 416 964-2020.



**APRIL 3 ~ Session 1 | 9:30am - 10:30am**

**Relief Works! - Physical Therapy**

**Jocelyn DeTorres**

To maintain independence and quality of life, seniors must work on balance issues and the prevention of falls. Physiotherapists assess a person and make recommendations for maintenance, recovery, improvement.



**APRIL 3 ~ Session 2 | 11:00am - 12:00N**

**Fraud Awareness**

**Tom Cheel**

A presentation/ awareness session will cover recent scams:

- Romance, Canada Revenue, Grandparent, Service calls;

- Prize, Lottery and several other scams.

The goal of the Anti Fraud Power Point presentations is to help everyone to recognize a scam and avoid becoming a victim of fraud.

Followed by Q&A



**Coffee/tea is available upon arrival.**

**Snacks provided at the refreshment break.**

**10:30am-11:00am**



**APRIL 10 ~ Session 1 | 9:30am - 10:30am**

**Podiatrist – Take care of your feet!**

**Dr. David Shaw, Podiatrist**

Remaining ambulatory and mobile is one key to successful aging. Dr. Shaw will: talk about podiatry and chiropody and why taking care of our feet is particularly important for seniors; discuss how podiatrists and chiropodists can help diagnose difficulties, correct problems and assist us when foot care becomes difficult.



**APRIL 10 ~ Session 2 | 11:00am - 12:00N**

**Nutritionist – Diabetes and Nutrition**

**Becky Pang, Diabetes Educator and Dietitian from LMC healthcare.**

1 in 3 Canadians lives with Prediabetes or Type 2 diabetes today. Diabetes impacts our health from head to toe and by the time we have complications, they're hard to reverse. Come learn how to reduce your risk and live healthier with Diabetes Educator and Dietitian.



**APRIL 17 ~ One Session | 9:30am - 11:30am**

**(30 minute break)**

**A Conversation about Home Care**

**Elizabeth McNabb, Executive Director of OSSCO**

Learn the basics about in home care: how to have a conversation; what questions to ask; determine what future needs; varying costs. Q&A period.

Come away with the basics to create your own plan to gather information in advance of a need.

**THURSDAY, APRIL 25 ~**

**One Session | 10:00am - 12:00N**

**Estate Planning Essentials**

**Ryan Robertson, TD Wealth Tax & Estate Planner,**

**Tony Larosa TD Senior Private Banker, Chris**

**Galberg TD Wealth Senior Investment Advisor**

Interactive discussion and Questions & Answer period will be included, as well as an information package, comments card and door prizes.

Our team will be available after the seminar if one has for more specific questions related to his/her personal circumstances.

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