



# AGING WISELY:

## PLANNING & CARING FOR YOU & YOUR FAMILY

Oct. 16 – Advanced planning: assessing your health risk vs. longevity risk

Nov. 20 – Taking care: foot and hearing health, pain management, continence care

Dec. 4 – Living well: nutrition, emotional wellbeing and the importance of socialization, requiring various degrees of care

January 15 – Starting a new chapter: redefining retirement

February 19 – Staying at home: being prepared in case of a medical emergency, fall prevention and home safety

March 19 – To stay or go? Weighing the decision to move and leveraging your most valuable asset; financial assistance programs

April 16 – Thriving at home and knowing when it's time for change; understanding housing and care options for seniors; choosing the right fit for you

May 21 The cost of care; coping with paying for and providing care; caregiver stress and respite care; caring for someone with dementia

June 11 – End of life care and coping after loss

### Educational Series

**Oct. 2013 – June 2014**

**Time: 7:00-8:30 pm.**

(check-in 6:30)

**Location:**



**A nine-part series designed for those aged 45 and older.**

**Don't wait for circumstance to dictate your next move. Come away equipped to make informed decisions. Face the future with confidence.**

**CARP members:**  
\$5 or \$25 full series with tax receipt

**Non-members:**  
\$10 per session  
or  
\$50 full series with tax receipt



**CARP HALTON CHAPTER:  
A NEW VISION FOR AGING  
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