



AGING WISELY:

PLANNING & CARING FOR YOU & YOUR FAMILY

Oct. 15 – Advanced planning: assessing your health risk vs. longevity risk

Nov. 19 – Taking care: foot and hearing health, pain management, continence care

Dec. 3 – Living well: nutrition, emotional wellbeing and the importance of socialization, requiring various degrees of care

January 21 – Staying at home: being prepared in case of a medical emergency, fall prevention and home safety

February 18 – To stay or go? Weighing the decision to move and leveraging your most valuable asset; financial assistance programs

March 18 – Understanding the difference between planning for retirement and planning to address the potential needs for the senior years

April 15 – Thriving at home & knowing when it's time for change; understanding housing & care options for seniors; choosing the right fit

May 20 The cost of care; coping with paying for and providing care; caregiver stress and respite care; caring for someone with dementia

June 10 – End of life care and coping after loss

Educational Series

Oct. 2014 – June 2015

Time: 7:00-9:00 pm.

(check-in 6:30)

Location:

Chartwell Oakville
Retirement Residence
180 Oak Park Blvd. Oakville
Underground Parking Available

**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.**

Brought to you by CARP
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FREE ADMISSION

Attend one, some or all!

PRE-REGISTRATION NOT
REQUIRED BUT WILL
GUARANTEE YOUR SEAT.

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