

# Join us for a free workshop on

## Keeping Yourself Safe During Lifts and Transfers at Home

**Thursday August 13th 2015**

**5:30–7:30 p.m.**



MISSISSAUGA HALTON LHIN  
REGIONAL LEARNING CENTRE

*This workshop is for informal caregivers who would like to learn about preventing self injuries while caring for a loved one who needs physical assistance.*

**Mississauga Halton  
LHIN Regional  
Learning Centre**

**2030 Bristol Circle,  
Suite 202, Oakville**



*Participants will have access to the skills lab, and gain experience using mobility equipment. A light supper will be provided.*

**Registration is required.**

Space is limited. To register please contact:

Taryn Bolt at (905) 844-2019 or [Taryn@mhlhinrlc.ca](mailto:Taryn@mhlhinrlc.ca)