



www.AgeFriendlyEdmonton.ca

Healthy Aging Phone Chats

Participate in free educational sessions via phone from the comfort of your own home.

- Free health and wellness information from knowledgeable professionals for socially isolated or homebound seniors and their caregivers.
- Promotes healthy living and provides a unique opportunity to strengthen social connections.
- Interactive, one hour long, small group sessions, with a simple telephone call.

Brain Games: Call in for an hour of mind tingling fun! Try some word games to challenge your brain.

Presenter: Recreation Therapists – Home Living, Alberta Health Services

Managing Caregiver Stress: Create better emotional and physical health by learning stress management techniques.

Presenter: Debra Paches, RN, Alberta Caregivers Association

Personal Wellness through Leisure and Socialization: This interactive presentation provides you with a wealth of information on community resources to help motivate you to get up and off the couch!

Presenter: Tricia Bodnar, Recreation Therapist, Alberta Health Services

Holistic Decluttering for Seniors: Lighten up the clutter and remain independent in your home, happy in body, mind & spirit. Improve your energy & focus, as an uncluttered space equals an uncluttered mind.

Presenter: Lynn Fraser, Balance Your World

You and Your Medications: All you wanted to know about your pills but were afraid to ask. Bring your questions and ask a pharmacist in the comfort of your own home. There will also be tips on safe medication use.

Presenter: Gwen Petryk, Pharmacist, Alberta Health Services

Senior Financial Education: An overview of Federal and Provincial programs for seniors includes information on taxes, benefits and Power of Attorney. You will also find out how to avoid fraud and scams and how to protect yourself from financial abuse.

Presenter: Brendan Klug, RSW, Edmonton Southside Primary Care Network

Small Bites to Better Health: Unlock the secrets of healthy eating as you age. We'll decode some challenging nutrition information to make sure you get the greatest health bang for your effort buck.

Presenter: Registered Dietitians, Alberta Health Services

Strike out Stroke: What does FAST mean to you? Learn how to Reduce your Risk, Recognize and React to the signs & symptoms of strokes.

Presenter: Gail Elton-Smith, BScPT, Stroke Service Coordinator, Alberta Health Services

REGISTER NOW FOR THESE EXCITING FREE PRESENTATIONS!

Call or email Dauna Thomson at 780-735-3061 Dauna.thomson@ahs.ca

Healthy Aging Phone Chats

The Age Friendly Edmonton Healthy Aging Phone Chats is an innovative pilot project with ongoing registration. Please call or email to register for the session(s) of interest to you and we will let you know the date and time of the session(s). Please see the following for currently scheduled dates and times for the next Healthy Aging Phone Chats sessions:

• Small Bites to Better Health	May 19	10:00 to 11:00
• Holistic Decluttering	June 28	10:00 to 11:00
• Brain Games	May 10	1:30 to 2:30
	June 14	10:00 to 11:00
• Strike Out Stroke	June 16	10:00 to 11:00
• Managing Caregiver Stress	July 7	1:30 to 2:30
• Personal Wellness	Sept 8	1:30 to 2:30
• Seniors Financial Education	TBD	
• You and Your Meds	TBD	

Registrants who are interested in sessions that are full (approximately 10 registrants per session), or not scheduled at this time will be placed on a waitlist for the next session. When a date has been determined we will contact the people on the waitlist to inform them of the date.

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