

SENIORS

You're invited to:

LUNCH & LEARN

April 6th:

“Heart health and Heart Procedures” by Seniors Health and Wellness Institute.

“911, and Emergency Response” by Captain C. Short and Vancouver Fire Department.

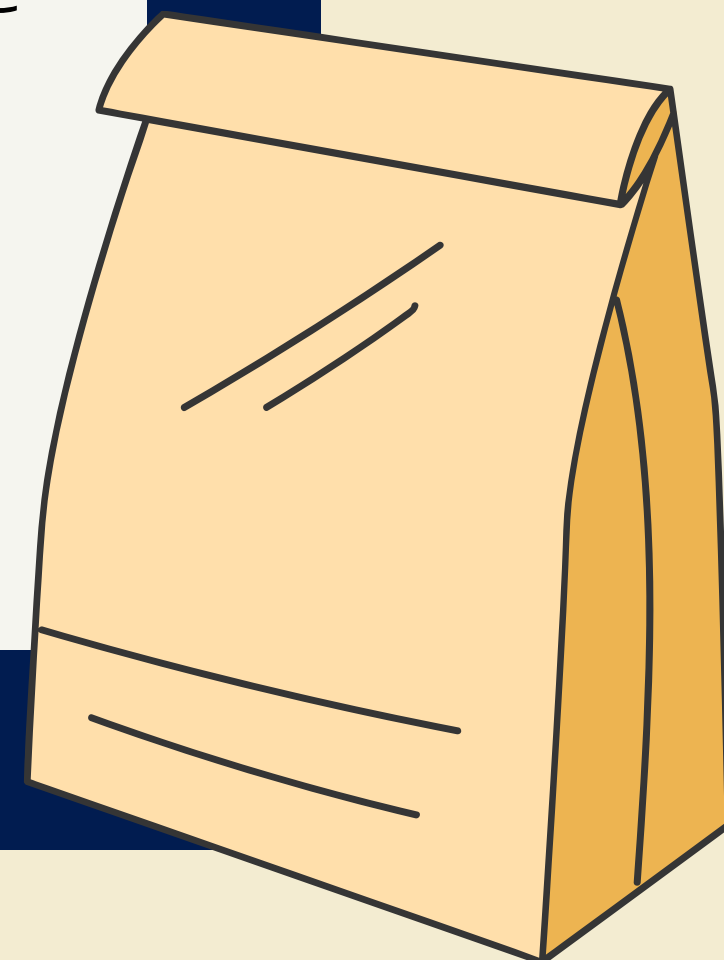
May 4th:

“Living with Chronic Pain” by Arielle Spence, Education Lead at Pain BC. Marysia Glinski, Pharmacist. “Seniors and Safety” by Vancouver Police. “Hearing and Aging” by Siana Lai, an audiologist from Connect hearing BC. Hearing tests will be available!

June 1st:

“Introduction to Brain Health” by Allison Korte, Program Coordinator at Alzheimer Society of BC
“Sleep and Aging” by Tracy Rowe Respiratory Therapist and Sleep Disorders Educator at UBC hospital sleep clinic.

Free lunch will be provided!



**Every First Wednesday of the month from 12-2 pm
at the Polish Hall on Fraser street**

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