



Wednesdays

September 12 – November 28

9:30 am – 11:00am

Burlington Seniors Centre

2285 New Street, Burlington

Indian Point Room

FREE
Course

Bayshore[®]
Home Health

Topics include:

- Navigating the health care system
- Money talk – including financial information about tax credits
- Home modifications
- Physical wellness – accessing support
- Staying safe in your home
- Health and nutrition
- Community supports
- Staving off isolation
- Home health care, retirement or long-term care?

As Canada's largest home care provider, Bayshore Home Health understands the importance of living safely and comfortably in your own home. That's why this fall, at the Burlington Seniors Centre, we are offering the **Wellness & Well Being Information Series** - a FREE, 12 week course designed to promote long term health and wellness and to provide information on finance, home modifications and community programs for seniors.

Each week, you'll learn from experts in their field about different aspects of aging at home. You'll take away tips on how to stay active, eat well, minimize the effects of common ailments and prevent injury and falls. You'll have the opportunity to speak with specialists in these fields.

Advance registration requested

www.liveandplay.burlington.ca

*This series is brought to you by Bayshore Home Health.
Canada's home care experts.*

www.bayshore.ca