



Abeingo Senior's Program

ABEINGO ASSOCIATION OF CANADA

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NOVEMBER 2013—FEBRUARY 2014

YOU ARE ALL INVITED

Abeingo Association of Canada in conjunction with WoodGreen Community Services invites you to participate in a health program for seniors.

If you are a senior or an elderly person living in Toronto this is for you!

The Seniors' Community Outreach to Vulnerable Seniors project is available to improve the health of elderly people to reduce their visits to hospital emergency rooms by

understanding how to prevent and manage some chronic diseases and other health conditions and injuries at home while they go about their daily activities.

A series of workshops will be held Saturdays starting this November 2013—February 2014.

For more information please send an email to info@abeingocanada.org or contact:

- ◆ Edith 416-297-6826
- ◆ Leonard 905-230-2790
- ◆ John 416-255-8723
- ◆ Ebby 905-683-3365



Location: Brookview Middle School

Address: 4505 Jane Street , Toronto Ontario, M3N 2K7

Time: 9:00am to 11:30 am.

SCHEDULE

Dates	Topics of Discussion
November 9 th , 2013	Health and other Insurance
November 16 th , 2013	Coping with Mental Illness
December 7 th , 2013	Elderly Health Issues
December 14 th , 2013	Money, Inheritance and your Family
January 11 th , 2014	Healthy Living in Older Adults
January 25 th , 2014	Identity Theft and Fraud
February 8 th , 2014	Proper and Safe use of Medication
February 22 nd , 2014	Services for Seniors



Opportunity made here

**Refreshments will be provided.