



## Sun Pointe / UBC Healthy Lifestyle Discussions

In the Towne Hall

Everyone is welcome to attend and bring a friend

Thursday October 8 11:00 AM	Paolo Sales, Pharmacist <b>Managing Medications.</b> Bring your questions for the pharmacist.
Thursday October 15 11:00 AM	3 <sup>rd</sup> Year Nursing Students <b>Getting your Best Sleep</b>
Thursday, October 22 11:00 AM	Tom Millar, Nex Gen <b>Hearing Maintenance</b>
Thursday October 29 11:00 AM	UBC 3 <sup>rd</sup> year nursing students <b>Brain Health &amp; Wellness</b>
Thursday November 5 11:00 AM	Salvation Army Retired Major Jolie Boyarski, MA <b>Coping With Grief</b>
Thursday November 19 11:00 AM	4 <sup>th</sup> year Human Kinetics student Makayla Rittenger <b>Osteoporosis</b>