

6th Annual Okanagan

Embrace Aging

month is March 2019

a full month of free seminars and activities.



okanaganembraceaging.com



BAPTIST HOUSING EVENTS

SUN POINTE VILLAGE—VILLAGE AT MILL CREEK—VILLAGE AT SMITH CREEK

Tuesday, March 12, 2:00—3:00 pm

Disrupt Ageism

Rachel Lewis, Sun Pointe Village

Wednesday, March 13, 2:00—3:00 pm

Benefits of Reflexology Workshop

Maralee Webber, Sun Pointe Village

Thursday, March 14, 2:00—3:00 pm

Healthy Living for your Brain and Body

Naomi Mison, Village at Mill Creek

Friday, March 15, 2:00—3:00 pm

Estate Planning Essentials

Interior Savings Credit Union expert panel, Village at Smith Creek

Tuesday, March 19, 2:00—3:00 pm

Transitions in Care: Improving the Outcome

Rachel Lewis, Sun Pointe Village

Thursday, March 21, 1:00—3:00 pm

MyHealthPortal: Electronic Health Records and You

Interior Health representative, Village at Mill Creek

Tuesday, March 26, 2:00—3:00 pm

Scam Protection: Knowledge is Power

Interior Health representative, Village at Smith Creek

to see more FREE events—Please visit our website

OkanaganEmbraceAging.com

REGISTRATION is recommended at OkanaganEmbraceAging.com

or call 250 807 8072