

June is Senior's Month in Ontario



The District Mental Health Services for Older Adults Program with the Ontario Strategy to Combat Elder Abuse is pleased to present a Free *“Workshop for Seniors”* on Tuesday, June 20th from 9am to 11:30am at the Dryden Go-Getters Activity Centre 84 St. Charles Street

SAFETY FOR SENIORS

The purpose of this workshop is to provide education and awareness to seniors about a variety of issues affecting safety and wellness.

Door prize and refreshments available

Speakers and topics are:

Dr. Michael Stones, Specialist on Aging from Lakehead University will talk about Emotional Safety—how to identify behaviours where folks can be less than kindly towards seniors; he will discuss how to be assertive, and give tips on getting the respect seniors are due

Lee Stones, Regional Consultant, Ontario Strategy to Combat Elder Abuse will talk about financial abuse and give lots of information on frauds and scams and how to ensure you are not taken advantage of

Police Services will talk about physical safety and how to ensure that you are not at risk

Older Adults Program will bring you up to date on the important work going on in your community. A representative from the Elder Abuse Prevention Committee will also talk about the work they are doing and/or plans for the future

For more information contact:

Nathalie Legros at 223-8972