

You are invited to an information session on:
Adjusting to Life Changes

EMPOWERING SENIORS series

Wednesday, October 1, 2014

International Day of Older Persons

1:00 - 4:00 p.m.

Registration 12:30pm

Burlington Central Library

2331 New Street, Burlington — Centennial Room

Please R.S.V.P. by September 26, 2014

empoweringseniors2.eventbrite.ca
info@burlingtonagefriendly.ca

1-855-395-8807

*If special accommodation required, please
inform upon registration.*



Guest Speakers:

- **Geoff Sansom**, Masters in Counselling Psychology
- **Val Walters**, retired RN, Certified Psychiatric Mental Health Nurse specializing in Geriatric Psychiatry
- **Joan Ulrich**, Certified Transition Specialist for Seniors
“Do It Yourself - Downsizing/Rightsizing Tips”

Who should Attend? Seniors, family members, caregivers, volunteers and organizations providing service to older adults