

HEALTHY aging education series

A COLLABORATION BETWEEN

SUMMERVILLE

Family Health Team



Peel Senior Link
helping seniors live independently

HOLD THE DATES for these 2024-25 Virtual Webinars

September *Your Smile, Your Health*

04

Beyond the smile, how your oral health affects your physical health and well-being. An overview from two dental hygienists from LAMP Community Health Centre on how you can protect your health by brushing and flossing.



October

02



Care Partner Burnout

Explore signs and symptoms of caregiver burnout, tips to overcome burnout, grief and its effects and self-care and how to accomplish it. Featuring a Public Education Coordinator with Alzheimer Society Peel.

November *Alcohol and Aging – Rethink How You Drink*

06

Learn from a CAMH staff physician and addictions specialist about how/why older adults may be more sensitive to alcohol, and some of the consequences involved including balance issues, potential medication interactions, and the risk of acquiring alcohol use disorder.



December

04



From a Maze to Amazing

Understanding Ontario's Personal Income Tax Credits and Benefits. Simple tips for completing your return, along with an overview of tax credits and benefits you may be able to claim on your return.

February

05

Dementia Overview

Dementia Overview explores warning signs, the diagnostic process, and communication tips. Featuring a Public Education Coordinator with Alzheimer Society Peel.



All Webinars at 10 a.m.
For more information and
registration links:

Healthy Aging

Upcoming Webinars