

Senior Wellness Group 2008 Schedule

Date	Topic	Speaker
2008		
Jan. 10	Housing for seniors	Ethel Mead, OCSCO
Jan. 24	Exercise	Dr. Lee's students, SRCHC Chiropractic Clinic
Feb. 14	Osteoporosis	Volunteer speaker, Osteoporosis Society of Canada
Feb. 28	Crohn's and Colitis	Sheila Debly, Chrons and Colitis Foundation of Canada
Mar. 13	COPD	Chris Haromy, Certified Asthma Educator, COPD Educator Project Coordinator, The Lung Association
Mar. 27	Arthritis, gout, lupus	Andrea and Caroline, Ryerson nursing students
Apr. 10	Oral health for seniors	Carolyn Kay and students, Regency Dental Hygiene Academy
Apr. 24	Allergies	Christine Blanchard, Allergies and Asthma Information Association
May 8	Skin care	Lynette Dilworth, Health Technician Occupational Health Clinic, St. Mike's
May 22	Thyroid conditions	Teresa Killam, MD Women's College Hospital
June 12	Party!	

The Seniors Wellness group meets from 10 am to 12 pm on the 2nd and 4th Thursday of the month at South Riverdale Community Health Centre, 955 Queen St. E. (at Carlaw). We bring in speakers on health and wellness topics that interest us. We share snacks, learn, and support each other. New members are always welcome.

Contact Tory Bowman for more information:
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