



## Seniors' Health & Wellness Forum Supports Healthy Aging

October 27, 2016

Age Friendly Edmonton is proud to present the first annual Seniors' Health & Wellness Forum this weekend, featuring presentations and panel discussions on health, wellness and social supports vital to healthy aging.

**Date:** Saturday, October 29, 2016  
**Time:** 9 a.m. - 2:30 p.m.  
**Location:** Central Lions Recreation Centre, 11113 - 113 Street  
**Cost:** Free but you are asked to register by calling (780) 809-8604

This event is open to the public, with organizations and businesses showcasing holistic and collaborative approaches to healthy aging. Information sessions include: planning for a healthy future, the importance of reducing safety risks as we age, housing options, financial strategies and transportation.

The Seniors' Health & Wellness Forum is an opportunity for seniors, their caregivers and their families to learn about health and wellness resources available for older adults in Edmonton. More than 40 exhibitors will be taking part, with information sessions and workshops running throughout the day.

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### For more information:

[mysage.ca/events/health-and-wellness-forum](https://mysage.ca/events/health-and-wellness-forum)

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