



Queen's
UNIVERSITY

Family
Medicine

Healthy Aging Program

Open to
Patients 65+



Facilitated by **Rachel Wentzell, RN**, and **Dominique Pettitt, RN**

Tuesdays: March 28 – April 25 (five weeks)

**QUEEN'S
FAMILY
HEALTH TEAM**

**115 Clarence Street
Haynes Hall
Seminar Room
2 – 3:30 p.m.**

This **free five-week series** focuses on a variety of topics:

- Falls and safety, including polypharmacy
- Exercise and nutrition, including cost, food preparation, and brain health
- Coping with life transitions and changes
- Advance care planning, finances and social services, and supports

Contact your health-care provider for more information about this program.