

Healthy Aging Program

Open to
Patients 65+

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

Thursdays: Oct. 19 – Nov. 16 (five weeks)

**QUEEN'S
FAMILY
HEALTH TEAM**

**115 Clarence Street
Haynes Hall
Seminar Room
9:30 – 11:30 a.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.