
FREE Wellness Plus Program ~ Wednesday March 10 ~ 9:00 am to noon

Free telephone or in-person consultations with Medicine Hat Family Service Professionals on:
Stress Management; Family Issues; or, Health and Age Related Losses.
Please call **403 529-8383** for an appointment.

Seniors Health Clinic ~ Wednesday March 10 ~ 12:30 to 3:00 pm

Free health counseling including blood pressure testing
and referrals to community resources;
blood sugar monitoring is \$2 and foot care is \$10.
Please contact the Home Care Nursing Team at **403 581-5750** to register.

FREE "DILLS" Drop In Lifelong Learning Series ~ 3rd Tuesday of each month ~ 10 am to noon

Created especially for the Medicine Hat area's 50-plus population, these timely topics will suit your interests ~ from stress management techniques to enhancing communication skills.

Topic March 16: "Working It Out Together: Managing Conflict"

Just call **403 529-8383** to reserve a spot in this FREE session.

FREE Wellness Workshop ~ Wednesday March 17 ~ 9:30 am to noon

Topic: "Personal Directives ~ What's New?"

Who will decide where you live or play in the event of illness or injury?
What is covered in a personal directive? Why should we all have one?
How do we prepare them? Where should we file them?
Presented by Cindy Kunz, Public Guardian Representative.
Please call **403 529-8383** by March 16 to reserve a spot.
And, stay for our delicious **\$5 dinner special** in the Park Side Eatery.

FREE "Live and Learn" Wednesday afternoon program for all ages!

Come for one or come for all eight workshops starting **March 17 from 1 to 3 pm**.
Share your knowledge, wisdom or experience in a supportive group setting. Engage in lively discussion on topics such as: Dealing With Our Emotions ~ loss, grief, fear, anger, or hurt;
Coping Strategies on Burnout; Perception and Communication;
Aging; Generational Values and Beliefs; and more!
For further information or to register, please call **403 504-8026** or **403 502-8718**.

You are invited to "Be Our Guest" Thursday March 18 from 9:30 am to 11:30 am

Meet our staff, volunteers and program participants in a guided facility tour!
Check out our fitness area! See our artists' creative works! Ask questions! Enjoy refreshments!
Just call **403 529-8383** for further info or to reserve a spot in this FREE session!
Bring a friend and stay for a delicious dinner at reasonable rates in our Park Side Eatery!



Photo provided by Alberta Centre for Injury Control and Research, "Finding Balance Campaign"

Join us for
Wellness Wednesday at the

Veiner Centre

225 Woodman Avenue SE

March 17, 2010

9:30 am to noon

9:30 Registration and Refreshments
Followed by presentation at 10:00 am

"Personal Directives ~ What's New?"

Who will decide where you live and play in
the event of illness or injury?

What is covered in a Personal Directive?

Why should we all have one?

How do we prepare them?

Where do we file them?

Presented by ~ Cindy Kunz, Public Guardian Representative

~ free admission, hand-outs, and door prize entry ~
Please call **403 529-8383** by March 16 to reserve a seat.

**Stay for our Cook's Choice \$5 Special in the Parkside Eatery
Everyone is welcome! Bring a friend!**

Your Community Wellness Education Council
Hosts Learning Opportunities for Older Persons and Families



Medicine
Hat Public
Library

