

Health Workshops with Home Instead

HOLLAND GARDENS
RETIREMENT RESIDENCE



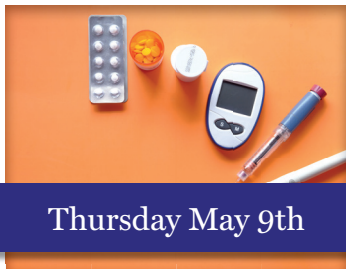
Thursday April 11th

Mental Health in Older Adults

Thursday April 11th at 2 p.m.

Location: 552 Holland St. W. - Holland Gardens Retirement Residence

What is Mental Health? Join us for an informative presentation on the common mental health issues faced by older adults. We will learn how to spot the signs and symptoms of mental illness and how to get supports to improve quality of life.



Thursday May 9th

Diabetes and Nutrition

Thursday May 9th at 2 p.m.

Location: 552 Holland St. W. - Holland Gardens Retirement Residence

What is Diabetes? Join Suzanne Mariano from Home Instead as she educates us on the signs and symptoms of diabetes and how proper nutrition can be used to prevent the disease



Thursday June 13th

Understanding Heart and Stroke

Thursday June 13th at 2 p.m.

Location: 552 Holland St. W - Holland Gardens Retirement Residence

Join us to learn about the importance of reducing your risk for Heart Disease and Stroke. Topics will include, identifying signs and symptoms, staying active and additional resources to help keep us healthy!

Please RSVP as space is limited! Call Susan or Mel today!

Holland Gardens Retirement Residence

Call (905) 775-6020

552 Holland St. W., Bradford, ON L3Z 4H3

Visit us online at VerveSeniorLiving.com

