



Women's Wellness Topics

September —December 2017

Sept 11th— Welcome Back Tea Party! — please call 905 885 2626 ext 280 to reserve your seat. Guest Speaker from the Summerhill Manor B&B

Sept 18th - Big Brothers Big Sisters: Malynda McEwen with the Big Brothers Big Sister in-school mentor program will be our guest speaker.

Sept 25th—Getting the Most from your HealthCare Appointment: making your health care appointment a win-win. Melissa McNamara will be our guest speaker with lots of great tips and strategies to share.

Oct 2nd— Home Share Program: HomeSharing is an innovative and creative housing option that connects women (55+) living in their home with other women seeking safe and affordable housing. Program coordinator Taylor Collicott will join us.

Oct 9th—Happy Thanksgiving the Centre is Closed

Oct 16th—Osteoarthritis of the Neck and Back: What you need to know! Osk Jenkins, Occupational Therapist from the Arthritis Society will lead this session. This open session will be from 1:30-4:00pm

Oct 23rd – Creating Your own Vision Board

Oct 30th - Happy Halloween—Please come ready to have some spooky fun. Trick or Treat— don't forget your costume.

Nov 6th— The in's and out's of Power of Attorney's: Teresa Williams from the Northumberland Legal Centre will be our guest speaker.

Nov 13th- Living with Osteoporosis: Cathy Percy, Education Coordinator with Osteoporosis Canada will be joining us to provide updates on new research and area services.

Nov 20th—Safe Communities Coalition : Joanne Brewster and Heather Grundy from the HKPR Health Unit will update us on all the events and activities of the coalition here and throughout the province.

Nov 27th—Coping with a New Diagnosis! Now what? Dr. Stacey Jennings and Chris Hill M.S.W R.S.W will discuss the next steps when you hear bad news. What you should ask and how you might prepare for the next appointment.

Dec 4th—Hospice Palliative Care: Sherry Gibson will be on hand to tell us about the services and new Hospice Care Centre being built in West Northumberland.

Dec 11th— TBA

Dec 18th—Annual Women's Wellness pot luck Christmas lunch—we gather today at 12:30. If you can please bring a non perishable food item for the food cupboard.