



60-plus and going strong: Wellness 101

Prolong independence at home

The Ottawa Chapter of CARP presents **60 plus and going strong: Wellness 101**, in collaboration with Canada's largest home health care provider, Bayshore Home Health. Both our organizations understand the importance of wanting to live safely and comfortably in your own home, for as long as possible. That's why we're offering this six-week health care series designed to give you the knowledge and tools needed to promote long-term health, wellness and safety in your home.

**FREE
COURSE**
to existing
and new CARP
members

Each week, you'll learn from health care experts about a different aspect of healthy aging in a relaxed, social setting. You'll gain valuable information on the importance of each area of health, potential risks and symptoms to watch for, as well as strategies to best promote and manage your health. You'll take away tips such as how to stay active, eat well, minimize the effects of common ailments, and prevent injury and falls. Plus, at the end of each session, you'll have the opportunity to speak with specialists from your community and share solutions with seniors like yourself.

This dynamic health series is being offered to existing and new CARP members at no cost, so why not start prolonging your independence today!

April 12th – May 24th
Thursdays, 1:00PM – 2:30PM
Kanata Recreation Centre
100 Walter Baker Place
(off of Terry Fox Drive)
Hall A

Advance registration required.
Register on line at
www.CARP.ca/ottawa
Or by calling 613 755 0055

Topics include:

- Flexibility and mobility
- Nutrition needs
- Medication use and management
- Navigating the health care system
- Fall Prevention
- Self-Health Management: Action Plan Essentials



Bayshore
Home Health

www.bayshore.ca • 613 226 7682