
Community Wellness Events

FREE Wellness Plus Program ~ Wednesday September 8 ~ 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 September 8 ~ 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 Wellness Workshop ~ Wednesday September 15 ~ 9:45 am to noon

9:45 am registration and refreshments ~ presentation to follow at 10 am

Topic: "Why is there a purse in the fridge?"

Dementia Awareness, Symptoms, Prevalence with discussion to follow

Guest Speakers: Carol Lees, Regional Manager of the Alzheimer Society
and Sherri Wist, Education and Support Services Coordinator

Join us to learn what Alzheimer Disease is and
how to connect with community supports.

~ free admission, hand-outs, and door prize entry ~

Please call **403 529-8383** by September 14 to reserve a seat.

Everyone is welcome to this free community event!

Bring a friend and stay for our Cook's Choice \$5 Special in the Park side Eatery!

FREE Wellness Workshop ~ Wednesday September 22 ~ 9:45 am to noon

"DILLS" ~ The Drop In Lifelong Learning Series

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

Topic: "Guilt and Shame"

Guest Speaker: Our friends from Medicine Hat Family Service
Enjoy refreshments and the company of others.

Everyone is welcome! Bring a friend!

Dinner in our Park Side Eatery for "DILLS" participants is only \$5 on September 22!

Please call **403 529-8383** by September 21 to reserve a seat.

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

Come for one or come for all eight workshops
starting **September 22 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.**

Check out Community Wellness on the Events side bar menu on-line at www.medicinehat.ca



Alzheimer Society
ALBERTA AND
NORTHWEST TERRITORIES

Join Us For
Wellness Wednesday at the
Veiner Centre
225 Woodman Avenue SE
September 15, 2010
9:45 am to noon

Topic: **“Why is there a purse in the fridge?”**

Alzheimer Disease Awareness

Guest Speakers: Carol Lees, Regional Manager and
Sherri Wist, Education and Support Services Coordinator

Find out:

- ~ what Alzheimer Disease is
 - ~ the differences among depression,
delirium and dementia
 - ~ more about community resources to help
 - ~ free admission, hand-outs, and door prize entry ~
- Please call **403 529-8383** by September 14 to reserve a seat.

Everyone is welcome to this free community event!

Seniors, families, friends, advocates, service providers, formal or informal caregivers, volunteers, and anyone interested in the well-being of older persons ~ everyone.

**Bring a friend and stay for our Cook's Choice
\$5 Special in the Parkside Eatery!**

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



Medicine
Hat Public
Library



"Friends of the Family"



Home Health Services



Check out Community Wellness on the Events side bar menu on-line at www.medicinehat.ca



"Friends of the Family"

Medicine Hat Family Service and
the Veiner Centre are pleased
to bring you **"D.I.L.L.S."**

The Drop In Lifelong Learning Series

created especially for the Medicine Hat area's 50-plus population
is from **10 am to noon** on the fourth Wednesday of the month
at the **Veiner Centre** and **it's free!**

Timely topics will suit your interests ~ from stress management
techniques to enhancing communication skills.

September 22: "Guilt and Shame"

October 27: "Mindfulness For Seniors"

How personal awareness and relaxation
strategies help overcome depression and anxiety.

November 24: "Stress ~ Finding Balance"

Enjoy refreshments and the company of others.

Everyone is welcome! Bring a friend!

Stay for dinner in the Park Side Eatery.

Dinner for "DILLS" participants is only \$5 on the above noted dates.

For further information or to register for these *free* sessions,
contact Medicine Hat Family Service at **403 504-8026** or
the Veiner Centre at **403 529-8383**.

Check out other Community Wellness Events
on the side bar menu on-line at www.medicinehat.ca



"Friends of the Family"

Medicine Hat Family Service
and Veiner Centre are pleased
bring you an exciting new free Program!

Live and Learn

~ come to one or come to all eight sessions ~
8 week series on Wednesday afternoons
from 1 to 3 pm
starting September 22, 2010!

Veiner Centre 225 Woodman Avenue SE

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 or Beliefs, and more!

Enjoy refreshments and the company of others.

Everyone is welcome! Bring a friend!

For further information or to register please contact:

Medicine Hat Family Service at 403 504-8026

Or Jeanette Devore, Seniors Outreach Worker 403 502-8718.

Come early and join us for dinner in the Park Side Eatery
Dinner costs \$6.50 for Veiner Centre members, \$8.00 for nonmembers.

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



Join us at the
**Adult
Resource Fair**

Cypress Centre
2055 - 21 Avenue S.E.

Tuesday October 12th, 2010
9 am to 7 pm

Free Admission

Everyone Is Welcome~ Bring a Friend

- Free Influenza Immunization by Alberta Health Services
 - Over 50 displays!
 - Door prize draws!
 - Refreshments!

For further information please call the
Veiner Centre at 403-529-8383.

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Medicine Hat Transit



Medicine Hat
The Gas City

Veiner Centre ~ Enrich Your Life!

Medicine Hat
Public Library

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Alberta
SENIORS AND
COMMUNITY SUPPORTS



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Home Health Services

"THE CHAPEL IN THE PARK"



SAAMIS MEMORIAL FUNERAL CHAPEL & CREMATORIUM

#1, DUNMORE ROAD S.E., MEDICINE HAT, ALBERTA T1A 1Z5 TELEPHONE: (403) 528-2599 1-800-317-2647



**Alberta Health
Services**