

# HEALTHY aging education series

A COLLABORATION BETWEEN

SUMMERVILLE

Family Health Team



Peel Senior Link  
helping seniors live independently

# Upcoming Webinars

## ***HOLD THE DATES for these 2024 Virtual Webinars***

**March**

**06**

### ***Links2Care - Staying in Your Home***

Learn about free programs and services, from help with household tasks, to home maintenance and repair referrals. Whether interested for yourself, or for a loved one, or want to get involved as a volunteer, this Webinar provides an overview of opportunities available.



**April**

**03**



### ***Bites on a Budget***

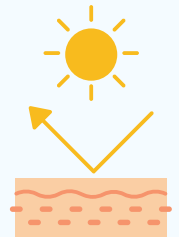
A 1-hour Webinar, led by Summerville Registered Dietitians, focusing on practical tips for healthy eating on a budget and cooking for one or two.

**May**

**01**

### ***Skin Protection & Early Detection***

An overview by the Canadian Cancer Society on the best ways to protect your skin from harmful ultraviolet radiation from the sun as well as tips on how to check your skin and when to see a doctor.



**June**

**05**



### ***Reflux Resilience***

A guide to nutrition and medication solutions to improve your acid reflux or heartburn symptoms. Learn key strategies from a Summerville Dietitian and Pharmacist.

All Webinars at 10 a.m. for 1 hour.  
For more information and  
registration links:

***Healthy Aging***