



Bridging the Generation Gap *(You and your aging parents)*

Saturday, March 6, 2010

9:00 - 3:00

Grey Bruce Health Unit, Owen Sound

Presenters:

Jill O'Donnell RN, DPH, BA
Co-Author of: The
Canadian Retirement
Guide

Gail Houston RN, BA, MN
IRIS Consulting for
Seniors Inc.

This workshop will help you:

- > Understand the aging process
- > Learn how to adapt to change
- > Understand health and care needs

Cost: FREE!

Lunch, refreshments and nutrition breaks will be provided.

Space is limited and pre-registration is required!

Who should attend?

This is an interactive workshop for adult children who are presently caring for their elderly parents, may become caregivers to their elderly parents or will be cared for themselves in the future.

Agenda:

9:00	Registration
9:30	What's In Store For Me? > A primer on normal aging
10:30	I Know What It's Like to Be Young. I Don't Know What It's Like To Be Old. > Understanding generational differences
11:15	I'm Not A Mind Reader > All about care giving
12:00	Lunch
12:30	Looking To The Future > Lifestyle planning
2:00	Finding Help > Resources
2:45	Wrap Up

*Specific questions or concerns may be written out and given to the facilitators when you arrive, so our presenters can answer them for you.

To attend **Pre-register by February 22nd** by contacting:
Lindsay Wonnacott at the Grey Bruce Health Unit
(519) 376-9420 ext. 1529
1-800-263-3456
or email: l.wonnacott@publichealthgreybruce.on.ca

Sponsored by the Grey Bruce Fall Prevention and Intervention Program