

SENIOR EDUCATION WORKSHOP

The Town of Tecumseh Senior Advisory Committee is hosting an education workshop on the topic *Living Life Well*.

Eating Well for One or Two: Join Cindy Dodsworth BAsC, CDE, In Store Dietitian at Zehrs Parkway and St. Clair Beach, to explore the tips and tricks of producing healthy meals with more efficiency and less waste. Be prepared to receive new recipe ideas and an opportunity for product tasting!

Beyond Dispensing: Join Moji Gbadamosi, Pharmacist at Zehrs St. Clair Beach to learn how the role of your pharmacist has changed over the years. Learn more about the expanded services that are available to you in terms of Medication reviews, compliance packs, Pharmacist prescribing, Vaccination (Shingles, Travel, Pneumonia, Flu), pain medication (medicinal marijuana) as well as effects of hacking cough and much more.

Q and A: Bring those questions that you never have time to ask!

The workshop details are as follows:

Date: Friday, November 9, 2018
Time: 10:00 am
Location: Golden Age Club, 12420 Lanoue Street

Admission is free. Tecumseh seniors are invited to join in this informative workshop opportunity.

To register in advance, please contact Ext. 143 or email chebert@tecumseh.ca, by **November 7, 2018**.

