

# Senior Education Workshop

Provided by the Tecumseh Senior Advisory Committee

## *Living Life Well!*

**Friday, November 9 at 10:00 am**

Hosted at the Golden Age Club

12420 Lanoue St., Tecumseh

### Eating Well for

**One or Two:** Join

Cindy Dodsworth

BASc, CDE, In

Store Dietitian

Zehrs Parkway

and St. Clair Beach to explore

the tips and tricks of producing

**healthy meals** with more effi-

ciency and less waste. Be pre-

pared to receive **new recipe ide-**

**as** and an opportunity for **prod-**

**uct tasting!**



### **Beyond Dispensing:** Join Moji

Gbadamosi, Pharmacist 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 re-

views, compliance

packs, Pharmacist

prescribing, **Vac-**

**ination** (Shingles,

Travel, Pneumonia,

**Flu**, pain medica-

tion (medicinal marijuana) as

well as **effects of hacking cough**

and much more.



Register to attend this **free** workshop

by contacting Town Hall at 519-735-

2184 Ext. 143 or email

[chebert@tecumseh.ca](mailto:chebert@tecumseh.ca), by **November 7**

