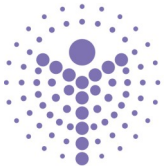


Speakers' Series

For seniors & their families

LUTHER VILLAGE

ON THE PARK



Osteoporosis Canada

Ostéoporose Canada

Tuesday June 7, 2011
7:00 pm—8:00 pm

Speaking of Bones!

In this talk by Kate Harvey, Waterloo/Wellington Area Manager, you will learn about risk factors regarding osteoporosis and fractures; diagnosis and management of this disease; lifestyle choices and some discussion on falls prevention.

Alzheimer Society
KITCHENER - WATERLOO

Tuesday June 14, 2011
7:00 pm—8:00 pm

What is Dementia? What is Alzheimer's Disease?

Presented by Jill Mercier, Dementia Support Counsellor. Come learn about Alzheimer's disease and related dementias. Signs and symptoms, early diagnosis, brain health and supports available will be discussed.

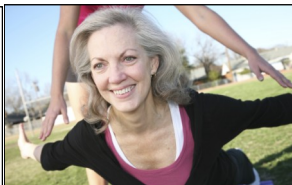


Tuesday June 21, 2011
7:00 pm—8:00 pm

Healthy Eating

Kathy Butler, Registered Dietitian, will provide information about healthy eating and how to make nutritious choices. Working in partnership with people, Kathy helps them understand how nutrition relates directly and indirectly to their specific health problems and overall quality of life.

Great Hall | Luther Village on the Park | Call today to pre-register



141 Father David Bauer Dr Waterloo
luthervillage.org

519-783-3710