

Focus on Seniors

SAFETY, HEALTH & WELLNESS SEMINAR

Tuesday, April 12 | 1:00pm - 4:00pm

South Surrey Recreation & Arts Centre

14601 20 AVENUE | COURSE #4473055



Join the Seniors Advisory and Accessibility Committee and its community partners for a series of **FREE** seminars for seniors and their caregivers on transportation and mobility, housing, safety, and health and wellness.

SESSION TOPICS:

Educate Yourself: It May Not Be Dementia!

Presented by Seniors Come Share Society

Attend this interactive session and empower yourself by dispelling myths and fear through education; learn about normal aging vs. treatable disorders that if left untreated can mimic dementia symptoms.

Seniors' Services In Surrey

Presented by City of Surrey

Find out what Recreation Surrey is doing to help seniors stay active and engaged as they age in place.

Surrey Libraries

Presented by Surrey Libraries

Come and discover the many resources and opportunities that Surrey Libraries have to offer.

Personal Safety

Presented by Surrey RCMP

Learn how to prevent yourself from becoming a victim of crime.

Fire Safety

Presented by Surrey Fire Services

A working smoke alarm reduces your risk of injury or death by 74% in the event of a house fire. Learn how to get a free smoke alarm installed in your house.

Register to secure your spot:

BY PHONE



604-501-5100

GO ONLINE



www.surrey.ca/register

IN PERSON



At any Surrey Parks,
Recreation & Culture facility

LIGHT REFRESHMENTS & PRIZES!

WHEELCHAIR ACCESSIBLE

www.surrey.ca/seniors