



Take Charge of Your Health

make more informed healthcare decisions



We invite you to participate in our small relaxed group discussion series led by volunteer facilitators who are also seniors. One of the listed topics will be discussed each week over five weeks.

If you are a senior and want to learn more about:

- ✿ Choosing to Age at Home
- ✿ Talking with Your Health Care Providers
- ✿ Being Prepared for a Sudden Health Crisis
- ✿ When Living at Home is No Longer Possible
- ✿ Staying Healthy and Socially Connected



Register Now

*Free Weekly Sessions (in English)
Starting October 20
Thursdays from 1:00 pm - 3:30 pm*

Location

*Community Care Access Centre
4200 Labelle Street - Suite 100
Ottawa, Ontario K1J 1J8
Registration Contact: COA
613-789-3577 x107
yourhealth@coaottawa.ca*



General Information

*The Council on Aging of Ottawa
613-789-3577 x107
yourhealth@coaottawa.ca
www.coaottawa.ca*

