

# TRANSITION YEARS & HEALTHY LIVING RESOURCE & INFORMATION FAIR



**SATURDAY, OCTOBER 26<sup>th</sup> 2019**

**9:00 a.m. – 3:00 p.m.**

**Ladner United Church - 4960 48 Ave, Delta, BC V4K 4X6 LADNER**

The resource and information fair will provide seniors, elders and their families with information about local resources and how to access them

## PRESENTATIONS

Memory Changes And What We Can Do About Them

What To Expect When Your Loved One Moves Into A Care Home

Friends Are Better Than Vitamins

Let's Get Honest About Mental Health

Senior Services & Volunteering

Estate & Personal Planning Basics

**Free admission, door prizes & light lunch provided**  
**Register - Ladner United Church office-604-946-6254**  
**Email: [office@ladnerunited.org](mailto:office@ladnerunited.org)**  
**Over 25 resource and information booths**



*Presented by the Delta Division of Family Practice a partnership of Doctors of BC and the Government of British Columbia*