

CROSSROADS WELLNESS PROGRAM PRESENTS:

**WEDNESDAY WELLNESS SESSIONS:
WEDNESDAY MORNINGS — 9:30 TO 10:30 A.M.**

May 1 Diabetes

Learn about pre-diabetes and diabetes: who is at risk, how they are diagnosed, and some of the basics about how to manage diabetes (including nutrition, exercise and medications).

May 8 Nutrition and Chronic Disease

The foods **we eat**, and the foods **we do not eat**, affect our health as time passes. This presentation will highlight key nutrition lifestyle choices that optimize your health as you get older and reduce your risk of developing the most common chronic diseases seen in Canada.

May 15 Parkinson's Disease and Exercise

(Note: Special Time 11:00 a.m. to noon)

Learn exercises to help cope with Parkinson's Disease.

May 22 Canadian Hearing Society Clinic

Having trouble hearing? Drop by for a free hearing screening or to discuss any questions you might have related to hearing loss.

May 29 Open Discussion: Wellness-Related Topics

Facilitator: Eleanor Belfry-Lyttle.

Sessions take place at Crossroads United Church
located at 690 Sir John A. Macdonald Blvd.

Sessions are free of charge.

