

BATHURST FINCH SENIORS SOCIETY  
PRESENTS A SERIES OF 10 WORKSHOPS

# EngAge Well Together

SEPTEMBER 27, 2022

OCTOBER 4, 18, 2022

NOVEMBER 1, 15, 29, 2022

JANUARY 17, 31, 2023

FEBRUARY 14, 28, 2023

ON TUESDAYS

1 PM - 2:30 PM

*(\* The details of each session are on page 2.)*

Registration is required to attend.

To register for the event,  
please CLICK THE [REGISTRATION PAGE](#).

For more information or any questions,  
contact MoonJa Park ([bass6132019@gmail.com](mailto:bass6132019@gmail.com))

**September 27, 2022**

**Stress and Aging - The Importance of Stress Management**

*(Speaker: Dr. Alexandra J. Fiocco, Department of Psychology, Toronto Metropolitan University)*

**October 4, 2022**

**You Are What You Eat: Diet for a Healthy Heart and Brain**

*(Speaker: Dr. Alexandra J. Fiocco)*

**October 18, 2022**

**Let's Get Physical: The Importance of Physical Activity for a Healthy Heart and Brain**

*(Speaker: Dr. Alexandra J. Fiocco)*

**November 1, 2022**

**Brain Fitness: Use it or Lose it**

*(Speaker: Dr. Alexandra J. Fiocco)*

**November 15, 2022**

**Intro to Computer Technology & Intro to Digital Etiquette**

**Part 1** *(Speaker: Janet Ardebol, BSc & BA)*

**November 29, 2022**

**Digital Etiquette Part 2** *(Speaker: Janet Ardebol)*

**January 17, 2023**

**Elder Abuse Prevention 1**

**January 31, 2023**

**Elder Safety 2**

**February 14, 2023**

**Finding Purpose for Healthy Aging**

*(Speaker: Dr. Alexandra J. Fiocco)*

**February 28, 2023**

**The Power of Ageism and Ageing Stereotypes**

*(Speaker: Dr. Alexandra J. Fiocco)*



**Bathurst Finch Seniors Society**  
*Where Learning Never Ends*

Funded in part by the  
Government of Canada's  
New Horizons for Seniors Program

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