

**Bathurst Finch Seniors Society presents
a series of 16 virtual workshops**

Engage Well for Body & Mind

***September 7, 2023 - February 15, 2024
1 pm - 2 pm on Thursdays***

*(*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 Moon Ja Park
(bass6132019@gmail.com)**



Bathurst Finch Seniors Society
Where Learning Never Ends

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

Canada 

Workshop one: What is Mental Health & Mental Illness

September 7, 2023

What is mental health vs. mental illness (*Speaker: Janet Ardebol*)

September 14, 2023

Wellness in aging (*Speaker: Janet Ardebol*)

September 21, 2023

What is depression (*Speaker: Dr. Fiocco*)

September 28, 2023

What is dementia (*Speaker: Dr. Fiocco*)

Workshop two: Benefit for keeping well in Mental Health

October 5, 2023

Benefits of Being Mentally Healthy and Well-Being (*Speaker: Dr. Fiocco*)

October 12, 2023

What can you do to take care of your mental health (*Speaker: Dr. Fiocco*)

October 19, 2023

Self Care for caregiver's mental health (*Speaker: Dr. Fiocco*)

October 26, 2023

Where can I go for help (*Speaker: Janet Ardebol*)

Workshops three: Understanding Mental health & Well-Being in Later Age

November 9, 2023

Mental Health Promotion (*Speaker: Janet Ardebol*)

November 16, 2023

Anxiety disorders (*Speaker: Dr. Fiocco*)

November 23, 2023

Delirium and Psychosis (*Speaker: Dr. Fiocco*)

November 30, 2023

Navigating the Care System (*Speaker: Janet Ardebol*)

Workshop Four: Elder Abuse & Elder Safety

January 18, 2024

What is elder abuse (*Speaker: Janet Ardebol*)

January 25, 2024

How big is the problem (*Speaker: Janet Ardebol*)

February 8, 2024

What are the consequences (*Speaker: Const. John Sconza*)

February 15, 2024

How can we prevent elder abuse (*Speaker: Cont. John Sconza*)

