

# Aging Well

## FREE WORKSHOP!

Date: February 21st, 2017

Time: 12:00 - 3:30 PM

Location: 312 McMillan Avenue, Fraser Lake

**This is a free workshop  
with lunch provided**

### About the Workshop:

Do you have a vision of what your later years will look like? Perhaps you see yourself travelling, playing with grandchildren or simply enjoying a happy, healthy life in your community. Making plans and decisions today will help you better prepare for tomorrow so you can achieve your goals in your life-long journey.

This interactive workshop will prompt you to think about your future well-being in topic areas such as your health, finances, housing, transportation and social connections to help you make the most of later life.

**Featuring a special Keynote Presentation from Dr. Marleen Morris, Associate Director at the University of Northern BC's Community Development Institute.**

### How to Register:

- <http://tinyurl.com/fraserlake>
- Call Autumn Services at 250-699-0056
- Email [michelle@bchealthycommunities.ca](mailto:michelle@bchealthycommunities.ca)



### Who Should Participate?

Adults of all ages, caregivers and people who work with older adults are invited to participate in this engaging dialogue.

If you are interested in:

- Developing a plan to help you have a healthy, happy aging journey;
- Learning about resources and information to help actualize your plans; and
- Connecting with new people in your community

**Then Register Now!**

Presented by BC Healthy Communities Society (BCHC) in collaboration with Autumn Services.  
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