

Coffee and a Chat

Winter Schedule

October Topics- Medications & You - Sleep tips - Arthritis

October 11th WSNF Cultural Building Tuesday 10-12noon light lunch

October 13th Swan River Senior Citizen Centre Thursday 10-12noon light lunch

Speakers- Andrea Grove on sleep tips and arthritis

Pharmacist Brittany Schroeder, BSP, Pharmacist My Health Team

November- Falls/injury Prevention - physical activity

November 8th WSNF Cultural Building Tuesday 10-12 noon light lunch

November 10th Swan River Senior Citizen Centre Thursday 10-12 noon light lunch

Speakers: Deb Schulz, NP;

Andrea Grove, CHF

December Topics- Healthy Eating - Blood Pressure - Diabetes

December 13th WSNF Cultural Building Tuesday 10-12 noon light lunch

December 15th Swan River Senior Citizen Centre Thursday 10-12 noon light lunch

Speakers: Prairie Mountain Health Nurse (blood pressure related questions)

Katie Kroeker, Community RD (healthy eating/diabetic/arthritis)

January- Grief and Mental Wellness

January 10th 2023 WSNF Cultural Building Tuesday 10-12 noon light lunch

January 12th 2023 Swan River Senior Citizen Centre Thursday 10-12 noon light lunch

Speakers: Rod Seib (Self Help/Public Relations Coordinator)

Andrea Grove with PMH (meditation exercise)

February- Eating on a budget and accounting/budgeting resources

February 14th 2023 WSNF Cultural Building Tuesday 10-12noon light lunch

February 16th 2023 Swan River Senior Citizen Centre Thursday 10-12noon light lunch

Speakers: Katie Kroeker (making nutritious affordable meals),

PKHC Chartered Accountants (Income tax, making a household budget)

March- Fraud, how to recognize fraud-getting to know your healthcare directive

March 14th 2023 WSNF Cultural Building Tuesday 10-12noon light lunch

March 16th 2023 Swan River Senior Citizen Centre Thursday 10-12noon light lunch

Speakers: RCMP,

Deb Schulz, NP (healthcare directive)