



Seniors' Wellness Series

JOIN US FOR
EDUCATIONAL
SESSIONS GEARED TO
OLDER ADULTS,
FAMILY MEMBERS
AND CAREGIVERS

Via ZOOM
OR
IN PERSON at 60
Gillingham Drive, Suite
200, Brampton.

For more information or
to register, please call:
(289)-499-2239
Alternatively you can
visit www.cbfmt.ca or
scan the QR Code.



February 2, 2023 @ 1pm

Advanced Care Planning

April 6, 2023 @ 6pm

Caregiver Stress & Burnout

Presented by The Ontario Caregiver
Organization

June 1, 2023 @ 1pm

Dementia 101

Presented by Alzheimer Society of Peel

September 7, 2023 @ 1pm

Understanding Behaviour

Presented by Alzheimer Society of Peel

November 2, 2023 @ 1pm

Fraud Prevention & Identity Theft

Presented by the Ontario Securities
Commission

**All sessions are FREE whether
via Zoom or In Person**