



South Cove Manor at Quincy Point

Healthy Aging Breakfast Seminars

2018 SCHEDULE

- Tuesday, February 20th at 9:30 am
 - Topic: Fall Prevention
 - Speaker: Dan Wood, Director of Rehabilitation
- Tuesday, March 20th at 9:30 am
 - Topic: Understanding Health Insurance
 - Speaker: May Wu
- Tuesday, April 17th at 9:30 am
 - Topic: Living Better with Hospice Care
 - Speaker: Joe Lee
- Tuesday, May 15 at 9:30 am
 - Topic: Music Therapy
 - Speaker: Zoe Weng, Music Therapy Intern
- Tuesday, June 19 at 9:30 am
 - Topic: Finding Comfort at the End of Life Through Hospice
 - Speaker: Lola Tom, Good Shepard Community Hospice
- Tuesday, July 17 at 9:30 am
 - Topic: Oral Health and Aging
 - Speaker: Cathy Grinham, RDH Visiting Dental Associates, Executive Director
- Tuesday, August 21 at 9:30 am
 - Topic: Breast Cancer Awareness
 - Speaker: Asian Women in Health

- Tuesday, September 18 at 9:30 am
 - Topic: Fun Food Facts: Being Smart About Nutrition
 - Dawn Macleod-Kulig, Registered Dietitian & Licensed Nutritionist
- Tuesday, October 16 at 9:30 am
 - Topic: Managing Your Medication for the Best Outcomes
 - Speaker: Steve Polymeros, Registered Pharmacist
- Tuesday, November 20 at 9:30 am
 - Topic: Maintaining a Healthy Brain and Memory
 - Kim Bennett, LSW
- Tuesday, December 18 at 9:30 am
 - Special Event: Holly Jolly Happening
 - Gather to celebrate the season with music, crafts, prizes, and refreshments!

All seminars are free and everyone is welcome.
Programs will be presented in English, Mandarin and Cantonese.