

LAC LA BICHE HERITAGE SOCIETY  
PRESENTS

# LIFE STEPS

**7 FREE  
WORKSHOPS**

# WORKSHOPS



**FOR SENIORS, THOSE WITH ELDERLY PARENTS  
OR ANYONE WANTING TO LEARN MORE**

- **MON. FEB 10 6:30-7:30PM FRAUDS & SCAMS WITH JULIE MATTHEWS**  
Presented by Julie Matthews Consumer Protection Expert & Fraud Prevention Educator
- **MON. FEB 24 6:30-7:30PM HOME CARE - SERVICES OFFERED & HOW TO ACCESS**  
Presented by Alberta Health Services
- **MON. MARCH 3 6:30-7:30PM SAFETY IN THE HOME**  
Presented by Alberta Health Services
- **MON. MARCH 24 6:30-7:30PM EMERGENCY PLANNING**  
Presented by Alberta Health Services
- **MON. APRIL 14 6:30-7:30PM PHARMACIST - MEDICATION REVIEW**  
Presented by Pharmacists Stacey Krajci & Yasser Eludin
- **MON. APRIL 28 6:30-7:30PM GREEN SLEEVE & GOALS OF CARE**  
Presented by Alberta Health Services
- **MON. MAY 12 6:00-7:30PM WILLS & ESTATE PLANNING**  
Presented Portage College Public Legal Education & Randolph R. Benson Barrister and Solicitor

**REGISTRATION FOR EACH WORKSHOP  
IS REQUIRED - WATCH FOR DETAILS**  
LIGHT SNACK & REFRESHMENTS PROVIDED

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Thanks to our Sponsors & Presenters

**JULIEMATTHEWS**

