



MEDIA RELEASE

AGE-FRIENDLY COMMUNITIES ARE FAMILY-FRIENDLY COMMUNITIES *FREE Information Forums for Seniors*

For Immediate Release – May 17, 2010 – 4:30 p.m.

Welland – The Senior Citizens Advisory Committee (SCAC) for the City of Welland is hosting a series of *FREE* community information forums that address a variety of topics very relevant to senior citizens, their family members and caregivers. The first session will be held at the Rose City Seniors' Activity Centre.

Location: 145 Lincoln Street East, Welland
Date: Thursday, May 20, 2010
Time: 1:30 to 3:00 p.m.

Liz Palmieri, Paul Leon, and Mike Root will be in attendance to present "What Every Senior Needs to Know about Wills and Estates". Attendees can expect a lively and interactive presentation.

"The Information Forums will focus on topics that impact the quality of life for seniors," advises Doug Rapelje, Chair of Welland's Senior Citizens Advisory Committee.

Older adults and their families often have difficulty accessing relevant and current information regarding the services and issues that affect them and according to Rapelje, "The Senior Citizens Advisory Committee has selected knowledgeable speakers to present these very valuable and informative Forums, which are intended to assist seniors and their family and caregivers in identifying and dealing with the matters that affect the everyday life of a senior citizen".

Future sessions:

The Road to an Age-Friendly Community
Tuesday, June 22, 2010
1:30pm-3:00pm
Pre-registration required

Senior Safety Day at the Safety Village
September 18, 2010
11:30am-2:30pm
Rose City Seniors' Activity Centre

The Road to Wellness
November 2, 2010
1:30pm-3:00pm
Chartwell Select, 163 First Avenue

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For more information contact:

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