

# OCTOBER FYI SESSIONS

All Sessions: 1:30 to 3 p.m., In-Person or Online

## Tuesday, October 11

### ***Being Prepared in Time of Need***

*Dusko Trivik, Memories Funeral Home*

An educational seminar that will answer any questions your members have about how to be prepared and how to protect their families from emotional and financial stress. I will demonstrate all the options that are available because times are changing and, for example, you could have your remains sent into space.

## Tuesday, October 18

### ***Oh No! I Opened Scam Email, NOW WHAT?***

*Gabriel Mortotsi*

Interactive session on internet questions about phishing, email scam, antivirus protection etc.

## Wednesday, October 19

### ***The Role of Exchange Traded Funds in Retirement Portfolios***

*Wei Woo*

Like mutual funds, ETFs allow investors to spread risk over a series of investments, as opposed to one or two stocks or bonds. However, ETFs typically charge lower management fees than mutual funds. Like all types of investments, there are both benefits and risks, as there is no such thing as a perfect investment.

## Tuesday, October 25

### ***Stages of Retirement Living***

*Linda Miller, Retirement Living Consultant*

Join Chartwell for a fun and interactive conversation about the benefits of retirement living, how to navigate the healthcare system and seniors' lifestyle options.

## Wednesday, October 26, Start time 2:00 p.m

### ***Falls Prevention***

*Marie-Josée Dupuis-Arsenault, Physiotherapist with Leading Edge physiotherapy*

Marie-Josée will share information about falls prevention: what are common causes of falls and how to avoid them inside your home and outside. We suggest wearing comfortable clothing as we will have a short workshop for gentle strength and balance exercises to help with falls prevention.

**\$3.00 Fee**

Register online at [SEESA.CA](http://SEESA.CA),  
in-person at SEESA, 9350 82 Street,  
or phone 780-468-1985



**IN-PERSON ATTENDANCE SUBJECT TO  
SEESA's COVID PROTOCOLS**