

FYI Seminars
MAY - JUNE 2024

Edmonton Room - (Class Limit 20 unless otherwise noted)
Fee: \$3.00 Members & Non-Member

See the 2024 Session 3 Program Guide for dates, times and detailed information on these sessions and options for registration.

- May 7: Developing Your Age in Place Plan
- May 8: Retirement Income Planning
- May 9: Bring Your Own Device: Freading
- May 9: Cooking Up Calm – Make Your Mental Health Conversation More Palatable
- May 14: Your Pharmacist Tips for a Healthy Summer
- May 15: Health & Mobility for Active Seniors
- May 21: Real Estate Selling and Buying - Explained and Simple
- May 22: Benefits and Credits for All
- May 27 Reflexology
- May 28: What to Do When You're in a Property or Casualty Insurance Dispute



- June 4: Is it Dementia or is it Old Age?
- June 5: Healthy Aging Presentation from the Elder Abuse Resources & Support Program
- June 11: Transitioning into Care with Dementia- it doesn't have to be scary
- June 12: Posture and Balance
- June 13 Bring Your Own Device: US Major Dalies
- June 18: Semi - Annual 2024 Global Financial Market Review and Outlook
- June 19: Mediumship 101 (Connection to the Spirit Word)

