

## ***FYI Seminars March - April 2024***

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

***See the 2024 Session 2 Program Guide for dates, times and detailed information on these sessions and options for registration.***

- Mar 11: Introduction to Cannabis for Therapeutic Purposes for Seniors
- Mar 12: Identity and Fraud Prevention
- Mar 14: Chartwell Café: Government Benefits Alberta Blue Cross
- Mar 18: Info Presentation: Introduction to Arc for Seniors
- Mar 19: Fall Prevention
- Mar 20: Personal Directive & Power of Attorney
- Mar 26: Exercise Guidelines for Older Adults
- Mar 27: Dividend Investing for Inflationary Times
- Mar 28: Bring Your Own Device: cloudLibrary(eXpress Titles)
  
- Apr 3: Arthritis Overcoming Arthritis: Mastering Pain, Conquering Limits & Living Fully!
- Apr 17: How to Tame Your Spring Allergies

