



# SENIOR IMMIGRANT SAFETY EXPO

MONDAY, NOVEMBER 8, 2021



## 10:00 - 10:45 AM

### PREPARING TO STAY SAFE: WINTER AND FIRE SAFETY

Gail Henderson Brown, Injury Prevention Program Coordinator  
Canadian Red Cross

Learn about ways to enhance your safety and enjoyment of winter, including clothing and footwear choices, driving tips and ice safety. Learn about ways to prevent fires at home during the winter months.

## 1:00 - 1:45 PM

### SAFETYAID: FALLS PREVENTION

Lisa Smyrichinsky, A & O SafetyAid Coordinator  
Harry Deol, A & O Occupational Therapist

Learn what can cause a fall, how to decrease your risk of falling, and how to make simple changes to your everyday life to prevent falls.

## 3:00 - 3:45 PM

### MEDICATION SAFETY

Robyn Small, Pharmacist  
Tache Pharmacy

Learn tips for talking to your pharmacist and ways that pharmacists can benefit your health. Learn tips about medication safety.



Support Services for Older Adults

Funded by the Government of  
Canada's New Horizons for  
Seniors Program



To register, please contact:



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