Carefirst Seniors & Community Services Association
耆暉會

LOHAS (Lifestyle of Health and Sustainability)

Join our Free Virtual Information Sessions

Workshops held in Cantonese via Zoom

11am—12pm ● All are Welcome!

Date	Topic	Speaker
September 25 (Friday)	Neck Pain and Vertigo @11:00am—12:30pm	Dr Christina Choi Chiropractor Amity Health
October 9 (Friday)	Canada Reverse Mortgage and Estate Planning	Clifford Choy Home Equity Bank Andy Ho Royal Bank of Canada
October 23 (Friday)	Common Conditions of Shoulder Pains @11:00am—12:30pm	Dr Christina Choi Chiropractor Amity Health
November 13 (Friday)	Understanding Online Shopping and Banking *(English Workshop with Cantonese Interpretation)*	Ana Noee YMCA GTA
November 27 (Friday)	Knee Pains and Fundamentals @11:00am—12:30pm	Dr Christina Choi Chiropractor Amity Health
December 11 (Friday)	Sleep Apnea (*Mandarin Workshop)*	Wen Zhao Carefirst Registered Nurse

Registration is required to receive Zoom ID

Enquiries and Registration—
Wellness Club Hotline: 416-847-8939
Email: wellness@carefirstontario.ca
Or register online using Google link —
https://forms.gle/2U9ifNTeFifKuFCj8

United Way Greater Toronto

Carefirst Seniors & Community Services Association
耆暉會

樂活坊（從關顧生活型態、健康、運動、環境、個人發展作起點的工作坊）

免費網上講座

講座將以粵語透過 **Zoom** 進行

早上 11 時—中午 12 時 ● 歡迎大家參加！

日期	講題	講員
9 月 25 日 （星期五）	頸部疼痛及眩暈 @11:00am—12:30pm	蔡文蕙脊醫 Amity Health
10 月 9 日 （星期五）	加拿大逆向貸款及遺產規劃	Clifford Choy Home Equity Bank Andy Ho 加拿大皇家銀行
10 月 23 日 （星期五）	肩膀痛的常見狀況 @11:00am—12:30pm	蔡文蕙脊醫 Amity Health
11 月 13 日 （星期五）	認識網上購物和網上理財 *(英語講座粵語翻譯)*	Ana Noee YMCA GTA
11 月 27 日 （星期五）	膝蓋疼痛及基礎知識 @11:00am—12:30pm	蔡文蕙脊醫 Amity Health
12 月 11 日 （星期五）	睡眠窒息症 *(國語講座)*	Wen Zhao 耆暉會註冊護士

查詢及報名 —

電話：(416) 847-8939 (Wellness Club 耆康社)

電郵：wellness@carefirstontario.ca

或用以下 Google 連結報名 —

https://forms.gle/2U9ifNTeFifKuFCj8

需要報名參加索取 Zoom ID

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