

Michael Garron Hospital

SENIORS' & LUNCH & LEARN



2019 SPRING SERIES



STAFF
WELCOME!



Michael Garron Hospital Noon - 1:00 pm

G2 Conference Room, G-wing 2nd Floor
825 Coxwell Ave., Toronto, ON M4C 3E7

SESSIONS

**Wednesday
April 10** **Brain Health - Your Brain and Aging**
Speaker: Nicole Spira, Geriatric Nurse Practitioner, MGH

**Wednesday
May 22** **Navigating Aging In the Community**
Speakers: Alison Hardy & Linda Lu, Transitional Navigators, MGH
Sarah Milton, Home and Community Care Coordinator, MGH

**Wednesday
June 12** **Intergenerational Relationships - What's NEW!**
Speakers: Diana Tustin, Child Life Specialist, MGH
Damien Seo, Activation Coordinator, MGH