



TW Family Health Team

October 2024 Health Education

FREE workshops & easy online registration

Oct

7

12 pm

Let's Talk About Menopause

This workshop has been co-designed with a patient partner, someone with lived experience of menopause. It will review the common signs and symptoms of menopause and common real-world strategies for living well during this natural, healthy life transition.

Presented by Nurse Practitioner Allison Mann.
Online workshop: [click here to register](#) or scan QR code



Oct

9

12 pm

Advance Care Planning

Have you thought about what is important to you when it relates to your health and personal care? What if you are not able to make decisions about your health? Who would be the best person to make these choices for you?

Presented by Social Worker Lina Amaral
Online workshop: [click here to register](#) or scan QR code



Oct

9

7 pm

Sleep Therapy Part 2

Are you having trouble sleeping, such as falling or staying asleep? This 2-part workshop is for patients and caregivers interested in learning about strategies to improve their sleep without medications.

Presented by Pharmacist Jadie Lo and Social Worker Laurel Franks
Online Workshop: [click here to register](#) or scan QR code



Oct

10

12 pm

Understanding Food Labels

Are you confused on how to read nutritional labels on foods? Join this workshop to learn what to look out for in order to make healthy choices.

Presented by Dietitians Doreen Klar and Sarah Hunt
Online Workshop: [click here to register](#) or scan QR code

