



May 14, 2019

## Successful meeting and exciting news

### Big news at the Ottawa Branch AGM

Our AGM was a **big** success. Get your copy of **Dr. Andrew Frank's** presentation on the Future of Alzheimer's Disease [on our website here](#).

Learn about the **\$5,000** that the Ottawa Branch received from the *New Horizons for Seniors Program*, as announced by David McGinty, M.P. and highlighted by Sherry Romanado, M.P. and Parliamentary Secretary to the Minister of Seniors in her AGM remarks. Details about this financial literacy funding are [available here](#).

### Learn how to support caregivers and be a good neighbour

We have scheduled more of our successful *Neighbours Helping Neighbours* workshops based on the Victorian Order of Nurses program. Learn basic skills and knowledge to help you support those who provide care to aging family members, friends and neighbours.

Topics include: the role of family in caregiving, caregiver burnout and more. The free workshops will run from 9:30 a.m. to 3 p.m. at Chartwell Belcourt, 1344 Belcourt Boulevard, Orleans in French on June 6 and in English on June 7.

Free parking, refreshments and lunch will be provided by

Chartwell. To register, contact Mary-Anne Zwicker at [info@nafrottawa.com](mailto:info@nafrottawa.com). *Please do not contact Chartwell directly.*

### **University of Ottawa Heart Institute study on exercise**

The University of Ottawa Heart Institute is recruiting people who are 40 and over and living with **atrial fibrillation**. Participants will be assessed and assigned into one of two, free 12-week exercise programs conducted at the University of Ottawa Heart Institute. For more information [click here](#).

### **Hemochromatosis – awareness session**

The Ottawa Chapter of the Canadian Hemochromatosis Society is having a free information seminar about this genetic, metabolic disorder that causes the body to absorb and retain too much dietary iron. The seminar will be held at the Alta Vista Public Library (Program Room), 2516 Alta Vista Drive on June 5 at 7 p.m. To register [click here](#).

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