



Alan P. Sentance Educational Lecture Series:

Be Wise: Cannabis and Old Adults

Presented by Patricia Clark,

**Thursday, September 30th 2021
11am - 12pm**

Free Presentation Via Zoom

Patricia Clark, National Executive Director with Active Aging Canada, will present an overview of their new publication, Be Wise-Cannabis and Older Adults. Topic highlights will include facts about cannabis, aging and cannabis, therapeutic use, risks and side effects, questions to ask your Doctor, and more. Patty is not a medical doctor and will not be able to answer specific questions, but will provide you with information that will educate you so that you can make an informed decision and provide you with additional resources. Healthy aging begins by being informed and educated on health issues.

**This a free online presentation via Zoom
with an option to connect over the phone.
All in the community are welcome and encouraged to attend.**

E-mail info@thegoodcompanions.ca or

Call **(613)236-0428** to receive Zoom information to connect

The Good Companions Seniors' Centre
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