

11th Annual FREE Forum just for SENIORS!



Kerby Centre

# Inspired Living

## PUT YOURSELF INTO THE DRIVER'S SEAT!

**SATURDAY, OCTOBER 5<sup>TH</sup>, 2019**

9:30 Doors Open Information booths available

**SPEAKERS** 10:00-12:00

### My House - My Castle

**Where ever your home is or becomes - knowledge is King!**

- Understand Your Housing Options
- Financial Security
- Home Safety

### Be Stronger – Be Inspired

**Life can knock us down, learn how to stay strong and even help others.**

- Building resiliency and capacity. Mental Health First Aid for Seniors

### Panel of Inspired Seniors – My Journey

**Everyday people like YOU who have overcome personal hurdles and found inspiration will be on our panel. Ask questions, share your thoughts. Guaranteed you will come away inspired.**

12:00 - 12:30 Information Booths will remain open.



### LOCATION

Kerby Centre -main gym  
1133 7th Avenue SW

Parking on the north side of the building and the train station at the front door is called "Downtown West Kerby Station"

### REGISTER

**RSVP OCTOBER 3<sup>RD</sup>, 2019**

Call Daphne **403.873.3953**

Seating is limited

### TICKETS

<https://cshf2019fall.eventbrite.ca>

[www.seniorshousingnow.ca](http://www.seniorshousingnow.ca)

**THANK YOU TO OUR KEY CALGARY SENIORS HOUSING FORUM SOCIETY SUPPORTERS:**

