

A free community information session



Care Navigation & Advocacy

Join us to learn more about how this expert and trusted service is helping older adults prolong independence, enhance wellbeing, and ensure their needs are being met where ever they call home.

Monday, March 25, 2019

7:00PM – 8:30PM

Rideau Park United Church, Beecroft Room.
2203 Alta Vista Drive. Free Parking.

OR

Wednesday, March 27, 2019

10:00AM – 11:30PM

Alta Vista Public Library. Program Room.
2516 Alta Vista Drive. Free Parking.

All welcome. Registration requested. Refreshments.

info@agewellsolutions.ca / 613.277.6449

www.agewellsolutions.ca

You can look forward to an informal discussion on the concept of care navigation and advocacy with **Jennifer Moir** of Age Well Solutions. She will review the types of services offered, how it has helped others, and how to determine if it is the right service for you or those you care about.



The keynote presentation will be followed by an informal networking opportunity to learn more about other services and tools to help you age in place, and in control.

“The advocacy and guidance you offered helped crystallize a direction for Dad and gave him the support he needed. That unto itself was worth everything to him, and to me.”

B. Laughlin (son)