

GERITALK interactive discussions, lectures, and seminars – whether you’re a baby boomer, caregiver, health professional or senior, you will learn how to make sure you get the most out of getting older!

See what others are saying about **GERITALK** programs:

“Very open, positive way of presenting information.”

“The lecture was useful”

“Thank you for coming. I enjoyed your lecture.”

“I learned a lot.”



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Thornhill, Ontario
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Topics Relating to Older Adults

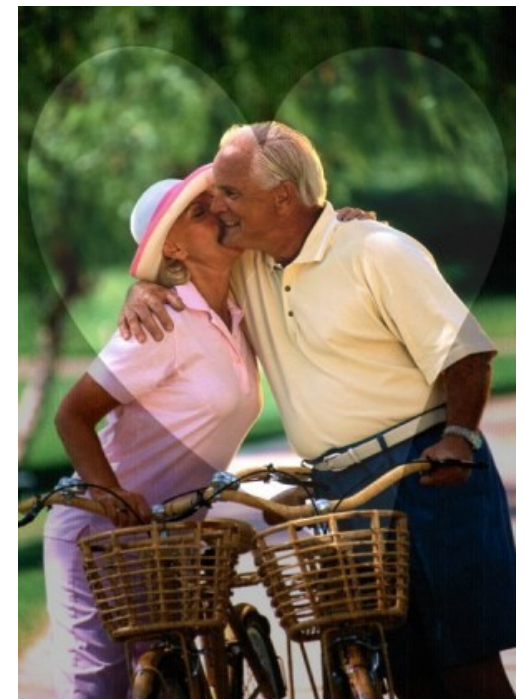
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LEARN HOW TO...

Age successfully

**Develop partnerships
with your healthcare
providers**

**Distinguish between
disease and “dis-ease”**

Manage stress

**Maximize your
function and quality of
life as you age**

**Watch for ageism,
overmedication, and
other critical issues of
aging**

FORMATS

Case Management

Conferences

Inservices

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Seminars



Contact

**Janice Goldmintz
at 416-619-5935 or
jgoldmintz@geritalk.com to
book your
program now!**

TOPICS

**Adult Daughter/Older Mother
Relationship**

**Become an Apprentice
Geriatrician**

Caregiver Stress

Diet and Exercise

Falls Prevention

Key Principles of Geriatrics

